

Woman, wife, mother, professional, researcher ... how did you overcome adversity

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Abstract:- The aim of this paper was to analyze the journey of a lifetime to be able to perform as a woman, wife, mother, professional, and researcher in adversity. This article consists of three sections and conclusions: the first describes some of the major conflicts and tensions that can cause violence between the couple live; the second presents a synthesis of equity and gender; the third deals with the causes and consequences and how to overcome adversity. The arguments and examples raised are empirical situations. The present contribution presents a social problem and as a reflection on the woman should not hesitate to break paradigms to sex, motherhood, profession, economy and spirituality.

Keywords:-Communication; gender equality; ethical values; violence; gender perspective

I. INTRODUCTION

The violence of couple against the woman generally is a reason of morbidity and mortality in the whole world. Violence is any act of emission of meanings orientated to injuring the physical or moral integrity of the persons; physical violence is to injure the physical integrity and can include the total or partial destruction of the victim. The moral violence is orientated to destroy the moral integrity of a certain subject: insults, disqualifications, humiliations, offenses, negative labeling, privations, etc. The insults are words orientated to offending and devaluing other one in general terms; it is the speech that it discredits. Violence in couple is the type of violence that happens in the area of the couple, that it assumes diverse forms: physics, emotional mistreatment, sexual aggression, jealousy, privation of the freedom, of personal overcoming, to work outside the home, etc. Domestic violence is occurring at the level of the family constellation and includes family, couple and children. The matter of the violence is a topic that provokes great interest for the dramatic character of its presentation, as well as for its consequences, not only to level of the society as a set of structures but also in the context of the daily life [1]. The different governments have involved the topic of gender equality, as a commitment to advance towards the empowerment of the women in the economic, political, cultural and social area [2]. All the stumbles, all the adversity, the fight of a woman opposite to the gender equality, discrimination, offenses, humiliations, slavery, is a fight that is not new, is a social problematic that has supported its force across the centuries. The aim of this paper was to analyze the journey of a lifetime to be able to perform as a woman, wife, mother, professional, and researcher in adversity, with the purpose of showing some reasons that have to control to be able empower themselves and overcome, knowing the consequences to which it is possible to come on having continued allowing to live under conflicts and tensions that ultimately can be a reason of morbidity or mortality. This work consists of three sections and conclusions: the first describes some of the major conflicts and tensions that can cause violence between the couple live; the second presents a synthesis of gender equality; the third deals the causes and consequences of how it and in order that to conquer the adversity. The arguments and raised examples are empirical situations.

II. VIOLENCE BETWEEN THE COUPLE

Violence against women is "Any action or conduct based on the condition of gender, which causes death, hurt or physical, sexual or psychological suffering, both in public and in private." It is to say goes from the discrimination and the contempt up to the physical, sexual or psychological harm and murder. In this regard, Rodriguez (2009) conducted an investigation to find out, not only if intimate partner violence and the type of violence, but also the various forms as expressed and possible causes in the sense associated factors and not linear causes, reports that "in the particular case of domination in the field of male-female relationships, we see this phenomenon not only in the process of rationalization but also, on the part of the subject submitted to domination". Within the context of domestic violence the existence of discussions can lead us to real situations of physical or verbal violence that can be very destructive concerning the existence and frequency of discussions, which become high-intensity fights by damaging the integrity moral with devaluation and insults.

The psychological violence originates since there are verbal violence, humiliations, shouts, jeers,

prohibitions, jealousies, blackmails, to frighten, to press, to intimidate, to devalue, to depreciate, to offend, all kinds of threats, insults, humiliations, shouts, sarcastic and disrespectful comments. The aggressor wants to make notice opposite to friends and relatives that he is superior to a woman under any circumstance, he will use words as: you are a badly grateful, vulgar one, get out of here, etc. He will propitiate to fall down in provocations, in extreme situations of desperation because between everything coward who is, is going to want to show to all "as is she" and to achieve always favorable opinions towards to him. If it is a question of jealousies he will think that every man who goes on to your side you have liked and he will comment: ¿what you see him? ... ¿you liked him? ¿get out with him! ¿get out to sit in the middle of the two in order that you are happy! ¿do you want to go with him? ¿get out to me! He will open the door of the car you and will extract you in some semaphore or in any corner. In private, he will fan your clothes that you forget in the bath, the clothes "badly ironed", he will force you to sweep again and again, he will check with his middle finger if you shook well the furniture, never will be enough for him, he never will feel satisfied, everything what you do will be bad for him, you will say to him ¿That such I cleaned today the house? He will answer you; I see the house equal, I only seen this house cleaned one time and that was when my friend X stayed here. When you say ... I'm tired ... he will tell you: ¿you? ¿But of what? What you do never will be enough for them, all that is verbal violence, it is to despise your labor, not to value yourself, to give to understand that you do not serve nor to clean a house, this aggressor never will recognize your housekeeping. You will need a lot of effort and clashes to achieve what you propose, because your obligation and your responsibilities have grown in 100%, now your aggressor will say to you: here you have to expire and expire with everything, with the house, children, food, cleanliness of the house and with your famous school, always he will say that everything is your obligation. It is the form of violence that more damage causes, for that initially it happens unnoticed and when the victim, notices the situation it is because already it is advanced. It can be or not accompanied of physical aggression in its later stages, but in general the psychological violence is the first that is restored, generating this way all the feelings of handicap, where the victim feels intimidated and invaded in his living and intimate space, confused and depressed, without understanding why that behavior. In front of the people they have a mask and any all the world thinks that they are very good that in the matrimonial life everything is "honey on small leaves", "life and sweetness", but it is everything opposite, It is to live with scares, with the dread of waiting in what moment this door will be opened and to see the face transformed of whom some day you loved. He checks your belongings, diary and even he is capable to destroy, cellular, email, contacts, your privacy is invaded. When it is needed to take decisions that affect the couple or to the family he does not consider the woman, she doesn't exist, they do not consider his opinions, his desires, his tastes, or even he demonstrates openly scorn towards her, in addition he blames the woman of his problems of couple. In the end the man is the perfect, the tidy one, which everything it knows. When these feelings of dissatisfaction, contempt and frustration are prolonged, people get to have self-esteem problems and difficulties not only in terms of partner, but also at the social level or professional. With feelings of anxiety and stress, a poor and inadequate valuation originates of itself that can injure the health, causing depression and disease. In this matter, it is pertinent to mention that in his work "Deadly Emotion", the Dr. Don Colbert (2007) comments that "the words can have an emotional devastating impact in a person". The damage that cause the offensive and humiliating words can generate in a person a condition of depression of irreversible consequences. In order that a woman to have a good job, a recognition of his labor, always it is needed of a triple effort, in order that it is valued, in order that it is considered to be his opinion, in order that not when she should comment ... here I am "a zero to the left side" answer him ... "you are not a zero to the left side, you are 1000 zeros to the left side", "bad grass never dies and if it dies not lacking that it does", but because you continue there, for your children?, your age?, inexperience?, for you itself?, for that they will say?, for fear?, for co-dependence? ¿For not have a job remunerable? ¿For love? ¿For what?

If at any time you see that they take to your house a refrigerator, furniture, etc., you start seeing that you have neither voice nor vote in your own house. Also, there are men who are very good suppliers, but in your hand they never put a coin. ¿This is economic violence?, a form of domestic violence, male domination, typical male chauvinist attitude, misogynist, where the abuser must control everything that enters, even when the woman start gaining a money, he man already wants that she to put the half of the expenses that arise in forward.

After he was not giving money to the couple for your more intimate needs, who controlling all your movements, the negative for wanting to work, where every exit to the work is a lawsuit, to want to manipulate what you wanted to buy, that a car, ¿and it? ¿for why? ¿If ... you do not need it! ¿And then new! ¿new why? If the same usefulness gives you an old car that the new one ..., ¿the only thing that you want is to exploit your ego!, he never agrees with what your you undertake, you achieve everything in opposition to his will, this way it is that the whole life will show his gesture of inconvenience, of indignation, he will feel that the whole control that he was exercising on you left of his hands, because certainly that he never will agree with anything that you want to do or to have, because up to what does not cost him it will hurt him to spend it, they do not allow that you should have economic independence, and that you do not manage to gain a money any more than he,

because for him it will not be possible to admit that someone whom they never stopped labelling since “uselessly” should take more remuneration by his work than they. On having allowed violence in the home it will continue growing, it will grow as a ball of snow, a woman must be valued, she herself is loved, believe that itself is nice, strong, pretty woman, if to your 24 years of age in a moment of desperation you comment ... already you do not love me, already you see me old and ugly ... and if they say to you ... “Old woman already these, ugly always you have been, one day of these I am going to teach you what is a handsome woman” ... they were leaving you without words, but ... that difficult is to continue living with someone who does not value, that never loved you, that never respected you. Someone who really loves you can’t hurt you, can’t damage you, on the contrary someone who loves you will treat you as the most sensitive part of his being. You have to of consensus with your couple, they must agree with the decisions that take for benefit of all in either couple or family, if at some time you decide to move a furniture across one side to another and your couple comes and says to you ... ¿What did you do? ... ¿You do not go away to sleeping until you leave everything since it was and do not matter for me if you dawn! ... ¿What do you do?, to work and to cry the whole night, in order that your spouse already does not bother with you, to this attitude full of aggressions, it is called a psychological violence or moral - verbal violence. As you can overcome this adversity, you have to fight, not falter, believe in you yourself, to find the way of continuing preparing yourself, rest on a dear being, on a loving father, he always will orientate you and if you listen always to your father you will go out forward before any adversity, always follow educating yourself so that your life, in order that you are a professional person, your freedom you will achieve at the end of your studies, there you will feel free to think, to be, to do, to decide, to learn to apprehend, will learn to be independent, and will be even recognized by the man who will set foot on the neck whenever he was wishing it, attitude that he was provoking to feel top to you, because otherwise, ¿sure he was not!, already you will not allow any more attitudes of submission, more abuse yourself and even violent attitudes that are expressed to your children. In this sense, Blitchtein-Winicki (2012) conducted a study to identify the prevalence of physical intimate partner violence and associated factors, in what he thought that “diverse individual characteristics exist and of relations of couple, as social and geographical factors that are associated with a major probability of violence of couple against the woman”. In contrast, Kumar (2006) expresses that “women in India becomes a burden for the family, since the culture of Indian society a woman should not work or contribute financially to the household financial gain, this why women suffer discrimination from their own family.” Also, he reports that “the preference for male children can interrupt progress towards social development and sustainable economic in the countries”. This imbalance between socioeconomic and demographic growth for the obvious gender discrimination creates a situation of severe inequality and therefore environmental crisis.

Crisis affecting civil rights, level of nutrition, health care and education of women. Similarly, Abdel-Atti (2010) says that among the Arab society there are a number of problems arising from the “high incidence of early marriage (15-17 years 6.4% and 12.8% of 10 to 14 years of age) and divorce in the family, as well as pain, ignorance and consequences experienced by women”, progress has been achieved until now, it is damaged by “the growing crisis taking place in Palestinian society threat achievements in the field of human rights of women”. Everything previous, get as consequence to precocious divorce.

III. GENDER EQUITY

The equity is the first level for the equality, especially in developing countries or between populations of women and men. Gender does not refer simply to women or men, but to the relation between them, and to the form in which this one establishes socially. From the theory of gender equity is the equality that implies granting equal conditions to the women in the areas in which historically they have been in disadvantage, the equality means equal opportunities, rights and responsibilities, that interests, needs and priorities are taken equally. In this topic very controversial, Amuchástegui (2012) reports that “between sexuality and reproductive rights is the point where it crosses gender equity, politics and religion, the Catholic Church tries to stop the progress of the human rights of women the feminist movement to promote a heteronormative family model as worthy of protection entity of society and the state, which contradicts crucial components of the rights of women, the public debate that started in 2004 with the inclusion of emergency contraception in health services operated by the state and the decriminalization of abortion in the year 2008”. Political debate argues to “legislating in favour of the human rights of the women and not to imposing a God's supposed law, where one speaks about an inherent right for belonging to a State and arguing that it goes against the God's law is a blackmail, it is necessary to approach the topic as a problem of public health not as sacred aspect. To the date there are limitations in terms of social justice, for the poor and/or indigenous women are more exposed to health risks arising from clandestine abortions performed under unsafe conditions and, not to mention the monetary cost they have to cover in the process.”[7]. In this regard, Torres-Esperon (2013) assumes that “each gender is defined not by itself, but by the relationships between them, e.g., they are based on relationships and not for

alleged differential essences type biological, psychological or even cultural".The general sense of the fundamental right or the equity of kind would be to establish that though all the persons must be treated at first as an equal way, it is necessary to treat them as a different way in reason to his differences of kind.The general sense of the fundamental rights or gender equity would be to establish that though all the persons must be treated at first as an equal way, it is necessary to treat them as a different way in reason to their gender differences. Of course, it does not seek to establish, without more, differential treatment only in reason to the differences and diversity of situations derived from the different treatment, identities or roles from the culture [9], is recognized as fundamental right "to effect of guaranteeing the full equality between men and women, and recognizes gender equity". This right claims that the woman already is not treated as one more object, which can be dominated, submitted, exploited, bent, the woman has right to think, to take decisions, to take part, we are not isolated entities, form a part fundamentally of a company that demands development and social change. According to investigations realized for De Dios-Vallejo (2014)"Sor Juana held two basic principles of the affirmation of women: his self-evaluation gender and pride of gender. She said that women are able to think, we can understand, discern, and know. She reversed the misogynist argument, its approach focused on justice, which was the courage and desire more sense and used as critical methodological resource. She felt the injustice felt about her gender. She said with affirmation and self-esteem gender" it would be very interesting to see that women as busily raising and education of creatures could be the master of this world. It is necessary to analyze the right to difference: we aspire to equality, but we have the right to be different, to be universally respected being different. It is documented that, "French revolutionaries, encyclopaedists, Voltaire, Rousseau and illustrated, equality included as a covenant in the democratic State but had androcentric and misogynist ideas, equality, liberty and fraternity were only for men"[10], "the key feminists of the sexuality have allowed the sexual freedom of the women. These changes united to the establishment of the divorce and the liberation of time predestined to others, they have allowed to the women the study, the work and the political participation: they have been empowered opposite to the men and the institutions".Similarly [2] in Colombia, it has gained access to education, the labor market, political participation, higher hierarchical levels of the organizations. The empowerment of women promotes gender equity in the political, cultural, economic and social spheres. "From the point of view of Ulloa-Pizarro (2014) "the institutionalization of the gender perspective must be based on the principle of equity to achieve the right to equality." In Mexico, "the precedents of the institutionalization of the gender perspective emerged in the early 80's. These were: the creation of the National Program on Population (CONAPO) in 1980, the separation of the self and institutional feminism, in 1984, and the migration of large numbers of feminist political parties, government and academia from 1985". The gender perspective is a scientific, analytical and political vision on the women and men. It proposes to eliminate the causes of gender oppression, as inequality, injustice and hierarchy of individuals. In the National Development Plan 2013-2018, the gender perspective is integrated as cross-cutting strategy in all areas of development. In education, some lines of action are: Encourage the plans of study at all levels to incorporate a gender perspective, to inculcate from early age equality between women and men, promote the participation of women in all areas of knowledge in particular in relations to science and research, strengthening monitoring mechanisms to boost the participation of women in the workforce.This Plan projects, make Mexico a society of rights, in which all have effective access to their rights under the Constitution. In Mexico, The Official Diary of the Federation in December 2014 an agreement pronounced that the Rules of Operation of the Program of Strengthening to the Mainstreaming of the Perspective of Genus, for fiscal 2015, which issued its fourth consideration Article 4o. Law of the National Institute for Women (INMUJERES) provides that the overall purpose of the Institute is to promote and foster conditions conducive to non-discrimination, equality of opportunity and treatment between the genders; the full exercise of all rights of women and their equal participation in political, cultural, economic and social life of the country. An analysis in which "showed that both men and women live differently contingency, during and after impact of phenomena that have caused serious damage in different parts of the world, which has proven the difference between the two to meet are made and recover from disasters."In that research it is reported that recognizes "the woman sits in a position of disadvantage in relation to man in search not only of improving the economic conditions of families through support to women, but to create opportunities to increase the condition of equity against both men in social programs, is also at a disadvantage key to sustainable economic development, such as access to property, resources and productive services, processes of participation and decision-making spaces factors". "To create equal conditions is necessary to stop these limitations as inequality in access to basic rights (education, health, social participation and representation); to productive resources (land, infrastructure, education funding); the ability to generate and control proceeds; the distribution of domestic work, and the right to work and develop sustainable economic activities" [12]. In contrast, the broader capabilities approach, Zamudio-Sánchez (2010) "gender is a condition that hinders access to employment, income and education. The economic contributions of women, their participation in domestic activities, social reproduction and survival of households are not recognized and valued. Gender status is a factor that determines the abilities and performances of women, especially in their freedom to be limited their chances of being and

development. Socially, there prevails the conception of which the women are low, weak beings and without decision. The roles assigned to them relate to the household level and the needs arising from this. The gender concept allows the understanding of sexual inequality as a system of power relations that maintains the subordination of women through the ideas, values and cultural practices that have a discriminatory way.”

In March 2015 the United Nations Organization (UN) launches 'HeForSheMX' for gender equity in Mexico. At home, 42% of women are economically active, but the jobs tend to be more precarious, less perception and sometimes with longer working days, the organization said. Ana Gúezmes, representative of UN Women in Mexico stated that at current rates of progress it would take 80 years to achieve equality for women relative to men in the workplace, 75 years for have a remuneration equivalent and 30 years for have the same level in the field of political participation. She noted that the unpaid work of women, mainly in domestic work represents 36 hours of work a week, and equivalent to 19% of Internal Brute Product, so called to adding to this campaign in favour of the equity. She thinks that rather than fights gender, is to understand that everyone has their own individuality.

IV. HOW AND IN ORDER THAT TO CONQUER THE ADVERSITY

You earn the respect of others, including respect for whoever you humiliated and offended you again and again, do not let harm your integrity, your identity, your mind. Always to remember that your freedom will give your performance, your studies, your professional career, the impetus that you put to be still preparing yourself, still on whom it is opposed, the sacrifice of hours of dream always will be compensated. Woman ... do not allow any more physical and psychological violence towards your person, the brave one it lives until the coward wants, while you do not put limits, up to where you allow it, the violence will continue. Do not forget that the man who is brave to a woman, is cowardly to others, you can reconcile with achieving emotional wellness through forgiveness, to be filled with joy, happiness and peace a full life in your life together, you have to make a decision that will change your life completely, meet yourself, deciding how you will live, you want to continue now so on, that quality of life you want for yourself and for around you. This fact, Blitchein-Winicki (2012) concludes that other factors, such as communication and respect for the couple, could be protective, this information can help spread programs or policies that are intended to reduce the effects negative health caused by physical intimate partner violence against women. Even recently, Nina (2012) “demonstrates the importance of communication in the sexual life of a couple, there are communication strategies that are used in a sexual scenario, possibly they respond to cultural factors or personal experiences, to communicate their feelings, participants make use of indirect or explicit messages, predominantly indirect and reflecting the difficulties that people have to express their sexuality”. Not enough to know the ethical values should be applied in each of the actions taken. Family life involves teamwork, collaborative tasks for inside and outside the home are carried out smoothly in the end affected for better or for worse always be their members, consider that the work not only dignifies the person but which is part of family development. In this regard, Dr. Don Colbert (2007) reports that “destructive emotions have toxic effects on the body and result in serious diseases: hypertension, arthritis, multiple sclerosis, irritable bowel syndrome and even some types of cancer.” This usually happens because they have negative attitudes such as anger, hatred, anger, sadness, depression, repression, anxiety, fear, frustration, pressure, stress, resentment, hostility, anxiety, rivalry, despair, helplessness, etc., which All that is going to cause the outbreak of a disease, you must learn to manage our emotions, cope with emotional conflicts, our reaction to disappointment or disillusionment. One must know how to forgive, to achieve a full life, full of joy and peace for the benefit of oneself. Similarly, when a therapist they go to have a family member affected by situations that have become real problems that cause severe condition of physical and/or mental integrity of an individual, the therapist asks “¿What is happening to this family? Find communication problems, difficulty managing negative feelings like anger or hostility to certain behaviors (self-harm, drug use, promiscuity, etc.), is tracked from when these problems are occurring, like all members feel that solutions have tried to use the family so far. This second aspect is especially important, because on many occasions failed solutions that the family has tried to implement can turn into new additional problems” [16], the solution is to “improve family communication, learning to speak the same language.” In addition to this, Sánchez-Escobedo (2011) says that “the ability to identify and effectively communicate thoughts and emotions within the family plays an important role in maintaining an efficient level of operation within it and each particular member. Good communication allows the development of a suitable process intimacy between its members. In the study identified that there is involvement in children single parents if they come from families where there is intensity of previous conflicts, economic and social difficulties for parents who are associated usually in separation, problems with parents to performance new roles which involves the separation and emotional and behavioral problems of children who are related to the separation, it was notable that the perception of the family dynamics is significantly better in whom they come from nuclear families in comparison with those of families single parents in the aspects relative to authority, communication and valuation of the family”. Of the same way, “the woman values more the existence of other one that the own one, because only recognition gives existence to herself. In order that the

woman exists, the preexistence of the man is necessary. She only exists socially and individually for this relationship. On the other hand, the man is in himself. Hence the importance of the marriage bond in women. Hence should be wives to exist. The single woman is imagined as women lacking: is missing something, missing the giver of social life, missing the man. Parenthood implies acceptance of the will of man; generally it occurs only within other institutions which require and give assurances to assume that the child is indeed his. If other institutions relax, relax paternity. Patriarchal ideology believes that the father is full man, working adult who organizes and directs the work society, society and the State. His father's quality adds then to masculine attributes and grants the power to him to transcend by children who, in whom he is perpetuated and on whom he exercised in the name of power, leadership and dominance in the commonness”(De Dios-Vallejo 2014). The foundation on a family having be formed must be the confidence, if there is detected that the confidence does not exist between the couple, she will be a couple destined for the failure, because there will not be the opportunity to no type of progress be allowed, someone who lives with the stamp of the jealousies always will be an insecure, unstable person, who has not even the minimal self-esteem. You will not be free to go to the corner, all the time will monitor your movements, your look, and there will be inconvenient situations as ... ¡Wait! ... I forgot to request a book in the library ... and he will ask you ... ¿you forgot a book or forgot to say goodbye of someone? ...; if you go somewhere and a guy bothers you, the coward that you take to your side will not move a finger for you, will not defend you, but on having gone out of there will get encouraged and will blame you for the happened, he will tell you ... ¡You provoked!, Surely you were looking for the meeting, ¡you're a featured!, etc., even the passage of time, you will see that mistrust does not end, if one day you go away and when you come he says to you troublesome ... “nothing I would be surprised you were proving like your mother and your sisters” ¿Of that?, ¿intelligent?, ¿sweets? nothing to do ... of “messy”, you always look at the negative attitude of others, even watching TV, cinema, neighbors, family, colleagues, will tell you all the women are the same, sooner or later fall into the same ... He always see in the protagonist always putting in the worst case scenario. Generally, people with jealousy are individuals who have an unstable personal life will be difficult for their performance in their working lives will be fruitful, if there is no harmony in the family there will be harmony in the workplace injury, the degree of performance it shows will be reflected family situation living for people, their careers will not succeed because it has its sick elsewhere, in a state of tension, imagining negative attitudes that will be making the other person's mind, which never trust or you believe you can do something positive. In this regard, Sánchez-Escobedo (2011) reports that “the quality of education should be considered as an aspiration within our education system; to achieve it, it is necessary to ensure that families work properly, thus facilitating their effective participation in the education of their children, parents are encouraging their children's cooperation, responsibility, initiative, understanding the relevance of the standards, understanding of the need for respect for others and a greater social and moral maturity; style that encourages a real internalization of norms”. Also, “parents act regulating and organizing the different transactions that occur within the family and with the outside thereof, in addition to build models for their children”[17]. In that sense, as a solution to a negative attitude, Botero (2011) suggests that “communication is the alternative for development and social change” and promoting “change individual attitudes and behaviors, personal communication no room for love, humanity, faith and trust, dialogue implies feedback and awareness among its participants, speaking is an act of power, and the act of listening demands respect for the speaker. But listening is an art also based on certain fundamental principles which are also at the heart of any notion of fair and cooperative development.” This view is critical from the view that through communication can get ahead in any situation that may arise within a relationship, where you must not lose sight of that dialogue implies a moral commitment, in it speaks to a human being and not an instrument that can be exploited, women should be sufficiently critical, conscious and reflective of the information received and the context he lives. Similarly, the therapist Barrera-Méndez (2008) discusses that there are three central questions in life: “Who am I? We can find the answer in our personality; ¿Where I go? We find the answer when we choose a profession or trade; ¿Who am I? It involves the decision to go alone in life or with a partner. It seems to be the easiest of the three questions, but it is a permanent job, especially when we enter the realm of communication.” There are communication paradigms as different languages in daily living. Introversión-extroversión, show the couple introverted isolation, withdrawal and introversión. In extroversión the couple can be very sociable to the degree to talk much and say little. Intuition-sensation, intuitive partner is dreamy, abstract and think about the future, the couple is guided by the sensations shows a target behavior, realistic and in present time. Thoughts-Feelings, the couple is guided by thoughts is logical and objective. The identity of people learned during the socialization process, e.g., during the interaction with other human beings. Barrera-Méndez (2008) says that “everyday couple communication is mediated by the codes of NLP, where we speak in different languages that correspond to a guiding system. Therapists challenged to mediate and reconcile communication problems in relationships”. If you live in a situation of humiliation to others, such as ... having a domestic support and to seek help ... you could bring me or climb or collect or do this or that please and your spouse comments ... ¡Make it you!, ¡You go!, ¡Pick it Up!, ¡Get in!, etc., should not take an attitude of martyrdom, and do whatever you order your

abuser, you have to empower you, letting you assert, to take the place that corresponds to you. The woman, the mother for ideas or ancient conducts does not know limits or the weariness in the pardon, probably because of it generally she is a victim of abuse, it is incredible that in full 21st century it is allowed that still the slavery should exist. With an effective communication you can break with paradigms of oppression, inequity and masculine power. Currently, formed under an education based on values is essential; unfortunately, a strong problem of couple is the infidelity, which can be caused by multiple causes within the family. It is understood that we are free to make our own decisions, but also means that we are not one to harm others and decide for the most vulnerable being, a son. There are lived situations that deserve special attention, to think of constructing only a family is not an easy task. Definitely a home without the paternal figure is like a house without ceiling, is to remove the protection afforded by the father figure, it is to take a "family" family constitution. To be a single mother implies a great responsibility, so much socially, since economic, even there are even cases that at any moment start another relationship and bring another child of another person, and so on. That will happen, this will give beginning to new situations of social instability, they are participants of break of marriages, of infidelity that ultimately ends in a familiar disaster, losing this way the basic unit of the society that is the family, either directly or indirectly only seek support or financial support to a man but seen from another perspective, one seeks to compromise them with a son used as instrument in order that economic revenue and they grant without any responsibility or commitment with the new subject in shift. To what, Mercader (2014) brings that "the influence of the ethical values is present in companies, families and society and impact on the results of very diverse ways. Every member has the opportunity and the duty to contribute with the constant learning in favor of the own well-being and the social development. The satisfaction of the participants is the result that reflects the present and the future. The ethical values involve consequences in all the spaces of living, well-being, satisfaction and integral progress. It is important to inculcate and prepare future generations the importance of those values and benefits at individual and collective level. Today's leaders are responsible for the results of future and youth will be tomorrow's leaders." Definitely, the marriage is necessary to live in a stable society with the minor degree of possible juvenile delinquency, to maintain social stability, is visualized as the only option in order that the involved ones take responsibility and acquire a shared commitment, otherwise they will be brought children who will live without values, without good customs, that the most probable thing is that they take the same way and the same decisions of their mothers, will end up by deforming the basic cell that is the family, which is where a good society is constructed. In the matter, De Dios-Vallejo (2014), he considers that "the marriage, as institution that regulates and legitimizes the maternity it is, in turn, the base of a type of family with a type of procedure of social specific regulation, creating a system of rules and prohibitions". Therefore, we must lead ourselves with the head, with intelligence, responsibility, commitment; dedicate time to forming us with ethical values, to be better spouses and better parents of family. Always to remember that it is preached by the example and that every woman can be a worthy example to continuing for an individual. More that to propose the accomplishment of future investigations to continue gathering, analyzing information and spreading statistical information generated by universities or centers of investigation, which already we know and which alone is to redound to the same situation of paradigms that prevail from ancient times, there arises the need to propose solutions, for what, there is indispensable the incorporation of the gender perspective in all the sectors and educational levels and especially in the University Legislation, to generate a culture of gender equity.

V. CONCLUSIONS

On the woman it depends generates the gender equity, equality of conditions, the same opportunities of work out of the home, the same opportunity of access to the education to all the levels, to the health and to a work remunerated worth, which promotes and consolidates a personal and harmonic development, economic, social and political stability, leaving a deep gap in order that girls and women of the future generations improve their quality of life. The education always will be the only weapon that the human being has to have the necessary knowledge to aspire to a worthy work. The good education strengthens, wide the criteria, decisions take with responsibility and respect towards the neighbor. Before generating a destructive relation there exists the option of the familiar therapy to control in time what will be an bad example for your children, where the major risk is that they tend to reproduce attitudes and even their will be able to grow with the ideology not to want to provoke in another person the hurt that lived during their infancy. You have to improve the family communication, talk on what damages you, in order that it does not continue happening, otherwise it will seem that everything is OK. You have to empower you, searching in everything possible you solve in benefit of all the members, to support the familiar union, but with respect, not to forget that the language is the key of the conviviality. You construct a family with values, which the confidence takes as a fundamental foundation, a relationship that does not have this base can't prosper, be formed in an integral way, to educate ourselves with quality to be better spouses and better parents. It is necessary to carry with intelligence, with the impetus of going out forward, the multiple adversities that could happen, on having fallen down it is necessary to return to raise, always to look ahead, it is necessary to begin again every day and not show discouragement to adverse

situations, live with strength and naturalness through every challenge that has to face our family together. On the type of education that our children receive the well-being of the society will depend, with fewer violence, fewer antisocial conducts, less abuse both legal and illegal drugs.

To encourage the woman to be economically independent, it is to give her tools to avoid falling victim to domestic violence. To educate the male to understand that a healthy couple share the administration of the resources with equity and balance, shares the domestic labors. To understand that to extract forward to a family, a home is always a responsibility and a shared commitment. It is necessary generate a culture where the work of the woman is valued by dignity and equality. The positive attitude, strength of will, the immense love of a woman towards his children, is what will extract us forward, because it is possible to come to a specialist who helps to go out of situations of stress, of dread, depression, anxiety, it is necessary to do it to prevent this negative emotion us from could to lead to having a critical illness, to the self-destruction or even to the suicide, but if there is not had faith, hope, if it is not wanted of heart, from the soul to go out forward difficultly it will be achieved. The conciliation with our work and family life is initiative and a responsibility of every woman, of every man, only living in harmony it will be possible work with harmony, the work will be done by the pleasure of doing it, for the pleasure of serving, of feeling useful and productive, in the performance of the work it will be reflected since it is the personal, and like that life one will see reflected in the productivity of your company or of the place where you get out of a jam yourself. It is necessary to eradicate of the social context the violence and discrimination for gender, a planned and wished pregnancy must be the ideal situation, take with responsibility the right of the full exercise of the sexuality and the pleasure, to have a son is a great commitment and a social responsibility that must be assumed by the couple. The woman must put on limits under a self-determination and self-responsibility, to be conscious of their acts and to consider the consequences of the same ones, to learn on healthy ways of avoiding not wished pregnancies and infections of sexual transmission. The present contribution is to think brings over of that the woman must not hesitate to break paradigms to sex, maternity, profession, economy and spirituality, everything can get consolidated in the life, is possible to manage to realize as woman, wife, mother, Professional and as a researcher, to have strength to conquer the obstacles that could appear us, acting with responsibility, commitment and intelligence, there is where we must demonstrate that we are educated with values, with beginning, and this way them to transmit to our descendants, to continue forming men and women of good. The solution to a social change before problems between couples and to conquer adversities is the dialog as the interpersonal communication that is a deep meeting between two human beings, is the deep communion and recognition between both. I think that the life is to love and to be dear.

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