

LIFESTYLE

Hate math? You must be with a smart man!

Women who date intelligent men likely to hate maths: study

ALL WOMEN PLEASE take note! If you hate maths and science, see if you have an intelligent and smart partner as there may be a link between the two, finds an interesting study.

The women who were part of the research performed worse in a maths test and tended to show less identification with math and less interest in science, technology, engineering and math (STEM) careers.

“What we found is that not all women reacted equally to these romantic goal primes,” said lead study author Lora Park from the University at Buffalo in the US.

“Women who had a traditional romantic partner preference of wanting to date someone smarter than themselves were the ones who distanced themselves the most from STEM fields when they thought about romantic goals,” Park added in the paper published in the *Journal of Applied Social Psychology*.

The finding suggests that the incompatibility may be most pronounced for women who prefer partners of greater intelligence.

It involved more than 900 participants that established a link between a preference for dating smarter partners and traditional gender roles.

Participants did not show less interest in careers often considered feminine, such as those in social work or elementary education.

The results suggested that each activated a romantic goal and a pattern emerged that showed worse math performance, less identification with math and less interest in STEM careers for those women with traditional romantic partner preferences.

Women show greater preference for dating smarter partners compared to men and the more they endorsed this preference the more traditional they were in their gender roles.

“It’s interesting that women who didn’t have this partner preference tended to show better STEM outcomes, suggesting the more non-traditional preference might contribute to greater interest in STEM,” Park suggested. *IANS*



Go nuts to stay young!

Eating walnuts can keep age-related health issues at bay

DAILY CONSUMPTION OF walnuts can help in healthy ageing, while also improving the blood cholesterol levels and maintaining good gut health, finds a new study.

The findings showed that intake of walnuts, especially by the elderly, can boost the good fats and other nutrients as well as lower obesity and blood cholesterol levels. Initially found to increase body weight, the study’s preliminary results dem-

onstrated that daily consumption of walnuts for one year by a sizable cohort of older adults had no adverse effects on their body weight.

“Given that walnuts are a high-energy food, a prevailing concern has been that their long-term consumption might be associated with weight gain,” said Emilio Ros, director of the Lipid Clinic, Endocrinology and Nutrition Service at the Hospital Clinic of Barcelona, Spain. *IANS*

ALIGN YOUR LIFE

Step out of your comfort zone

I know many people who live in fear of failure. They don’t try new things or visit new places. They want everything to be familiar and known. Stepping into the unknown is taboo for them. They live their entire life in a bubble. No adventure or excitement for them. Life is about mundane and repetitive things. But by living in a bubble they miss out on so much. Their horizon stops expanding and their worldview remains the same for years. I am certain we all know people like that who never budge from their comfort zone no matter what.

But there are also those who are willing to step out at any cost and embrace what is new and challenging. My mother was taught how to use a computer at the age of 65 from a teacher who visited her home in India three times a week. The teacher was a young college student who needed to earn some extra cash and so he took up this job. My mom was elated. Every week she gave me an account of what all she learned and how much fun she was having. I got used to receiving random emails from her daily as she practiced how to use Microsoft Outlook.

Another client’s elderly father learnt how to use a smartphone from his grandchildren. Now he has Instagram and facebook accounts where he posts lovely pictures and stories from his past. In one single click he expanded his worldview and connected with the outside world. There was no fear. No doubt. All he wanted to do was be in the lives of his grandchildren and see what they were doing.

So it’s now time to take stock. Have you been putting off learning something new because you are too old? Are you not taking up playing or learning a sport because you are too embarrassed? Are you afraid of trying new things?

Time to let your inhibitions go and start living your life. Take baby steps towards whatever you want to do. Learn to play tennis or computer. Enroll in a class. Catch up with people younger than you. Go visit places you have never been. Try a new dish. Watch a foreign film. Read a book you would never read. Whatever you choose, just step out of your comfort zone.

Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Institute which offers effective solutions that focus on stress management and overall wellbeing. Email align@shivaniadalja.com

