

Difference Between Power and Strength



www.differencebetween.com

Key Difference - Power vs Strength

Power and Strength can be used to measure the [force](#) or an influence of someone or something to produce a [reaction](#) of effect over another. Both these nouns are very important in the field of physical training and in other fields as well. Even though most frequently, strength and power are used as synonyms, they have unique differences which make them distinguished from each other. The **key difference** between strength and power is, **power encompasses many dimensions including strength whereas strength is mostly measured as a physical ability.**

What is Power?

Unlike Strength, power indicates a particular ability which can have a certain control over the external forces. Power can be referred to physical, mental and other abstract means of using force and [authoritative](#) abilities.

Merriam Webster provides a number of explanations to power such as, ‘ability to act or produce an effect, ability to get extra-base hits, capacity for being acted upon or undergoing an effect’ which basically emphasizes on the legal, official or authoritative capacity to exert the influence on something.

Hence, power, in brief, means the possession of [control](#), authority, or influence over others. Power can be either of the physical strength or capacity, mental or moral efficacy, political control or influence or a source or means of supplying energy such as electricity.



Fig 02:Nuclear Power

Moreover, in the context of [diplomacy](#), power plays a significant role. Power is divided into [hard power](#)([use of coercion](#)), [soft power](#) (use of culture and other abstract elements to influence others) and smart power (use of both hard and soft power). Thus power encompasses all the dimensions of capabilities and abilities including strength too.

What is Strength?

Strength can be basically described as the physical ability to exert [force or pressure](#) on something. Thus, it mainly concerns on the physical capability of a person or of a thing. Merriam Webster defines strength as ‘the [quality](#) or state of being strong : the [capacity](#) for exertion or endurance.’ Moreover, strength can also be used to indicate ‘power of resisting attack’ as described by Merriam Webster.

Similarly, Collins dictionary explains the meaning of strength according to its usage, such that the ‘strength as the physical energy one has which gives the ability to perform various actions such as lifting or moving things’



Fig 01: Muscular Strength

Nevertheless, strength could also be used to express the capability of something or someone as well.

E.g., China is presently concerned with improving its military strength on par with that of the United State’s. Here ‘strength’ signifies the military capability of China.

What are the Similarities Between Power and Strength?

- Both can be used to indicate the capacity or ability of someone or something
- Both can be improved and used according to one's will

What is the Difference Between Power and Strength?

Power vs Strength	
Power can be physical, mental , spiritual and other forms as well.	Strength most often is referred to the physical capacity.
Context of Physical Training	
In the context of physical training, Power is the endurance ability and the ability to generate much force as fast as possible.	In the context of physical training, Strength is considered the muscular ability or the number of force muscles can exert on something.

Summary -Power vs Strength

Even though power and strength are often seen as sharing similar meanings, their slight differences make them uniquely distinguishable from one another. Strength is often referred to the physical, muscular force of someone or something while power can be referred to the physical force along with other types of influential forces of something or someone over another. This can be highlighted as the difference between power and strength.

Image Courtesy:

- 1.'Fitness Model Leg Exercise Strength Weight Training by ThoroughlyReviewed [\(CC BY 2.0\)](#) via [Flickr](#)
- 2.'Nuclear Power Plant Cattenom' By Stefan Kühn-Own work, [\(CCBY-SA3.0\)](#) via [Commons Wikimedia](#)

How to Cite this Article?

APA: Difference Between Power and Strength.(2017 November 28). Retrieved (date), from <http://differencebetween.com/difference-between-strength-and-vs-power/>

MLA: "Difference Between Power and Strength" Difference Between.Com. 28 November 2017. Web.

Chicago: "Difference Between Power and Strength." Difference Between.Com. <http://differencebetween.com/difference-between-strength-and-vs-power/> accessed (accessed [date]).



Copyright © 2010-2017 Difference Between. All rights reserved