

**ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD**  
**(Department of Gender & Women Studies)**

**WARNING**

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".**

**Course: Lifespan Development of Women (4642)**

**Semester: Autumn, 2013**

**Level: M.Sc**

**Total Marks: 100**

**Credit Hours: 03**

**Pass Marks: 40**

**Guide line for Assignment Preparation**

*As this is a take home type examination, you are free to consult book, internet and other information sources. However, don't completely copy your answers from these books or the internet. Typed assignment are not accepted. Please arrange your answer with an introduction, main discussion with sub topics and conclusion. If reference of other researches being quoted, it should be properly acknowledged. All questions carry equal marks.*

**ASSIGNMENT No. 1**

**(Units: 1-5)**

- Q.1 a) Discuss controversies about the research on sex differences. (10)
- b) Relate the findings of Maccoby and Jacklin's research on sex differences. (10)
- Q.2 a) Discuss the role of biological factors in gender dimorphism. (10)
- b) Are male and female brains different? Support your answer with research evidence. (10)
- Q.3 a) Write about sexual development of males and females during adolescence. (10)
- b) Discuss briefly the psychosocial aspects of personality in an adolescent. (10)
- Q.4 a) Write about structures and hormones involved in Menstruation. (10)
- b) Enlist some effective tips to cope up with PMS. (10)
- Q.5 a) Describe the stages of prenatal development of a human child. (10)
- b) What is the physical impact of pregnancy on the expectant mother? (10)

## **ASSIGNMENT No. 2**

**(Units: 6-9)**

**Total marks: 100**

- Q.1 a) Discuss the myths and stereotypes about motherhood. (10)
- b) What are the psychological benefit of breast feeding for both mother and child? (10)
- Q.2 a) What are the physical changes that occur in aging women? (10)
- b) What are the most common social problems of the older women? (10)
- Q.3 a) Write about depression and its salient features. (10)
- b) Why are women more vulnerable to develop depression? (10)
- Q.4 a) Define mental health and symptoms of mental disorders. (10)
- b) Discuss briefly the techniques used in cognitive behavioural Psychotherapies. (10)
- Q.5 a) What are the ethical issues regarding mental health services in Pakistan? (10)
- b) Discuss various Muslim spiritual healing methods for mental illnesses. (10)