

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD

(Department of Gender & Women Studies)

Warning

Plagiarism or hiring of ghost writer(s) for solving the assignment(s) will debar the student from the award of a degree/certificate, if found at any stage. Submitting assignment(s) borrowed or stolen from others as one's own will be penalized as defined in 'AIOU Plagiarism Policy'.

Please read the following instructions for writing your assignments (AD, BS, BED, MA/MSc, MEd, MPhil and PhD)

1. All questions are compulsory and carry equal marks, but within a question, the marks are distributed according to its requirements.
2. Read the question carefully and then answer it according to the requirements of the question.
3. Handwritten scanned assignments are not acceptable.
4. Upload your typed (in Word or PDF format) assignments on or before the due date.
5. Late assignments can't be uploaded on the LMS.
6. Your own analysis and synthesis will be appreciated.
7. Avoid irrelevant discussions/information and reproducing from books, study guide, or allied material.

**Course: Lifespan Development of Women: Psychosocial
Context**

Code: 8308/4642

Level: BS/MSc

Semester: Spring, 2026

Total Marks: 100

Pass Marks: 50

ASSIGNMENT No. 1

(Units 1-5)

Note: Attempt all questions. All questions carry equal marks.

- Q.1** Analyze the role of parental support during the adolescent growth spurt. How does a supportive family environment mitigate negative cultural impacts on an adolescent's self-esteem? **20**
- Q.2** Elaborate on how 'Developmental Social Stereotypes' restrict young women's choice of vocational goals. Support your answer with examples from typical socio-cultural setups. **20**
- Q.3** Explore the biological and psychological correlates of menstruation. How do deep-rooted societal myths and unhygienic practices impact the reproductive health of young girls? **20**

- Q.4** Trace the detailed timeline of prenatal development during pregnancy. Highlight the critical milestones of embryonic development and how maternal nutritional choices influence these stages. **20**
- Q.5** Highlight the impact of external elements on the development of the fetus. Critically analyze how maternal exposure to industrial environmental hazards and the consumption of alcohol alter fetal health outcomes. **20**

ASSIGNMENT No. 2
(Units 6-9)

Total Marks: 100

Pass Marks: 50

Note: Attempt all questions. All questions carry equal marks.

- Q.1** Identify the premonitory symptoms of childbirth. Discuss the psychological state of a mother going into labor and the primary medical and behavioral causes that trigger it. **20**
- Q.2** Deconstruct the chemical composition of colostrum. Explain how early breastfeeding patterns establish both structural physiological immunity and psychological security in infants. **20**
- Q.3** Investigate the physical and biological facts of physical aging in later adulthood. In your view, how do negative social perspectives aggravate the feeling of dependency and grief in aging women? **20**
- Q.4** Introduce common psychological disorders in women. Detail the clinical manifestations of Hysteria (Conversion Disorder) and distinguish it from Phobic and Eating disorders in women. **20**
- Q.5** Contrast traditional and alternative therapies (such as pagan rituals of jins and black magic) with modern psychotherapies. Why is a scientifically guided preventive framework essential for women's mental health? **20**