

PSY 226: PSYCHOLOGY OF WOMEN

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Spring 2024
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL 101.
District General Education:	D2. Behavioral Science
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

This course will examine theory and research on female development from birth to death, taking into consideration psychological, sociological and biological factors. Implications for personal and social change will be emphasized through critical analysis of contemporary gender issues, data and psychological theory. 54 lecture hours.

Course Objectives

- identify and analyze the major psycho-social principles related to the development of women
- formulate, explain and apply psychological methods in the analysis of problems and problem solving related to women and gender issues
- synthesize principles and concepts related to contemporary issues and evaluate the data relevant to social change
- achieve familiarity with and assess gender issues in sexuality, physical and mental health, psychotherapy and movements for gender equality

Major Course Content

- 1. Introduction**
 - a. Sex and Gender
 - b. Gender Stereotypes and Gender Biases
 - c. Feminist Approaches
 - d. History of Psychology of Women
- 2. Infancy and Childhood**
 - a. Background on Gender Development
 - b. Factors that Shape Gender Typing
 - c. Children's Knowledge about Gender
- 3. Adolescence**
 - a. Puberty and Menstruation
 - b. Self-Concept and Identity During Adolescence
 - c. Education and Career Planning
 - d. Interpersonal Relationships During Adolescence

- 4. Women and Work**
 - a. Employed Women
 - b. Discrimination in the Workplace
 - c. Women's Experiences in Selected Occupations
 - d. Coordinating Employment and Personal Life
- 5. Love Relationships**
 - a. Dating and Heterosexual Relationships
 - b. Marriage and Divorce
 - c. Lesbians and Bisexual Women
 - d. Single Women
- 6. Sexuality**
 - a. Background on Women's Sexuality
 - b. Attitudes and Knowledge About Female and Male Sexuality
 - c. Sexual Behavior
- 7. Pregnancy, Childbirth and Motherhood**
 - a. Pregnancy
 - i. Biology of Pregnancy
 - ii. Physical and Emotional Reactions to Pregnancy
 - iii. Attitudes Toward Pregnant Women
 - b. Childbirth
 - i. Biology of Birth
 - ii. Social Factors Affecting the Childbirth Experience
 - iii. Emotional Reactions and Alternative Approaches to Childbirth
 - c. Motherhood
 - i. Stereotypes and Realities
 - ii. Breastfeeding
 - iii. Postpartum Disturbances
 - iv. Infertility
- 8. Women and Physical Health**
 - a. The Health Care and Health Status of Women
 - b. Women with Disabilities
 - c. Women and Substance Abuse
- 9. Women and Psychological Disorders**
 - a. Depression
 - b. Body Weight and Eating Disorders
 - c. Treating Psychological Disorders in Women
- 10. Violence Against Women**
 - a. Sexual Harassment
 - b. Sexual Assault and Rape
 - c. The Abuse of Women
- 11. Women and Older Adulthood**
 - a. Attitudes Toward Older Women
 - b. Older Women, Retirement and Financial Problems
 - c. Menopause

Suggested Reading Other Than Required Textbook

Baker Miller, J. Towards a New Psychology of Women, 2 ed. Penguin Random House, 1986. Print. Travis, C.. APA Book of the Psychology of Women, 1 ed. APA Handbooks, 2017. Print.

Examples of Required Writing Assignments

Gender Identity Paper: Interview a female and critically analyze biological, psychological and sociological factors that have significantly influenced her gender identity (APA style, 4-7 pages, use a minimum of one scholarly reference and library resources); Creative Equality Project/Creative Advocacy Project (video, 3D, sculpture, mixed media); Case Study Interview (Interview a middle aged woman regarding women's issues and document in a 3-5 page, APA style essay); Journal (a bi-weekly journal reflecting on class information and its impact on the student's daily and personal experience. Turned in quarterly); and, Field Study (explore resources in the community or online community related to empowerment of women, which will be presented to class and added to the class resource manual for women).

Examples of Outside Assignments

Students will be required to complete the following types of assignments outside of the regular class time: Study of assigned materials Write essays (APA format, 3-5 pages with one scholarly reference), research papers (APA format, 5-7 pages with one scholarly reference), journals (weekly documentation turned in quarterly), interviews (Case study with written essay), or field studies (research community resources for women)

Instruction Type(s)

Lecture, Online Education Lecture

IGETC Area 4: Social and Behavioral Sciences

4I. Psychology