

# CONTENTS

## Preface vii

## CHAPTER 1 Introduction 2

<b>The History of Psychology of Women</b>	<b>4</b>
Early Studies of Sex Differences	5
The Emergence of Psychology of Women As a Discipline	5
<b>Problems in Research on Psychology of Women</b>	<b>7</b>
Formulating the Hypothesis	8
Designing the Study	9
Performing the Study	10
Interpreting the Data	11
Communicating the Findings	12
<b>About This Book</b>	<b>13</b>
Preview of the Chapters	13
Themes in the Book	16
How to Use This Book	18

## CHAPTER 2 Prenatal Development and Infancy 22

<b>Prenatal Development</b>	<b>24</b>
Genetics	24
Normal Prenatal Development	25
Abnormal Prenatal Development	28

<b>Sex Differences in Infancy</b>	<b>30</b>
Physical and Perceptual Development	31
Activity Level and Temperament	31
Social Behavior	32
<b>How People Respond to Infant Girls and Boys</b>	<b>33</b>
Judgments and Expectations	34
Toy Choice	37
Parental Behavior	39

## CHAPTER 3

# Childhood and Adolescence 44

<b>Theories of Sex-Typing</b>	<b>46</b>
Psychoanalytic Theory	47
Social-Learning Theory	48
Cognitive-Developmental Theory	50
Gender Schema Theory	53
<b>Factors That Shape Sex-Typing</b>	<b>56</b>
The Family	56
Peers	61
School	63
The Media	68
<b>Children's Behavior and Beliefs</b>	<b>72</b>
Children's Play	72
Children's Beliefs about Personality Characteristics	73
Children's Beliefs about Occupations	76
<b>Adolescence</b>	<b>79</b>
Self-Concepts	79
Interpersonal Relations	81
Career Choices	82
Black Female Adolescents	83

## CHAPTER 4

# Menstruation 88

<b>Menarche</b>	<b>90</b>
Sources of Information about Menstruation	90
Attitudes toward Menarche	92
<b>Biological Aspects of the Menstrual Cycle</b>	<b>94</b>
Structures and Substances Involved in Menstruation	95

The Events in the Menstrual Cycle	96
<b>Physical and Psychological Reactions to the Menstrual Cycle</b>	<b>100</b>
Menstrual Pain	100
The Premenstrual Syndrome	101
Abilities	108
Sexuality	110
<b>Attitudes toward Menstruation</b>	<b>111</b>
Menstrual Myths and Taboos	112
Menstrual Expressions and Jokes	113
Positive Attitudes toward Menstruation	114

CHAPTER 5

## **Achievement Motivation and Achievement Attitudes 121**

<b>Achievement Motivation and Related Topics</b>	<b>122</b>
Achievement Motivation	123
Fear of Success	125
Alternate Interpretations of Achievement	128
<b>Perceptions of One's Own Achievements</b>	<b>129</b>
Self-Confidence in Achievement Settings	129
Attributions for One's Own Success or Failure	132
<b>Perceptions of Women's and Men's Achievements</b>	<b>138</b>
Evaluations of Women's and Men's Performance	138
Attributions for the Success or Failure of Other People	141

CHAPTER 6

## **Women and Work 148**

<b>Background Factors Influencing Women's Employment</b>	<b>150</b>
Women's Reasons for Employment	151
Personal Characteristics and Women's Employment	151
Vocational Choice	152
Career Counselors	154
Applying for Work	155

<b>Women in the Workplace</b>	<b>159</b>
Discrimination against Women at Work	159
Traditional Employment	163
Nontraditional Employment	165
Housewives	174
<b>The Effects of Employment on Personal Life</b>	<b>176</b>
Marriage	176
Children	179
Personal Adjustment	183

CHAPTER **7**

## **Sex Differences and Similarities 190**

<b>Cognitive Abilities</b>	<b>194</b>
Cognitive Abilities for Which There Are No Consistent Sex Differences	195
Verbal Abilities	196
Spatial Abilities	200
Mathematics Abilities	202
<b>Communication Styles</b>	<b>207</b>
Verbal Communication	207
Nonverbal Communication	211
<b>Personality and Social Behavior</b>	<b>219</b>
Characteristics Related to Helping and Caring	220
Characteristics Related to Power	226

CHAPTER **8**

## **Gender Stereotypes 242**

<b>The Representation of Women and Men</b>	<b>244</b>
A Heritage of Gender Bias	245
How Women Are Represented in Language	248
How Women Are Represented in the Media	254
<b>People's Beliefs about Women and Men</b>	<b>259</b>
The Content of Stereotypes	259
Gender Stereotyping and Social Cognition	264
How Stereotypes Influence Behavior	271
<b>Alternatives to Gender Stereotypes</b>	<b>275</b>
Androgyny	275
On Beyond Androgyny	280

**Dating and Cohabitation 286**

- Beginning to Date 286
- The Ideal Dating Partner 287
- Falling in Love 290
- Communication Patterns 291
- Cohabitation 293
- Breaking Up 294

**Marriage and Divorce 297**

- Responsibility and Power in Marriage 298
- Marital Satisfaction 300
- Divorce 301

**Lesbians and Bisexual Women 304**

- Theories about Lesbianism 305
- The Adjustment of Lesbian Women 306
- Attitudes toward Lesbians 308
- Lesbian Relationships 312
- Bisexual Women 314

**Single Women 316**

- Who Are the Single Women? 317
- Attitudes toward Single Women 319
- Advantages and Disadvantages of Being Single 320

**Female Sexual Anatomy and the Sexual-Response Cycle 326**

- External Sexual Organs 326
- The Sexual-Response Cycle 327
- Theories of Orgasm 330
- Sex Differences and Similarities in the Sexual-Response Cycle 331

**Sexual Behavior and Attitudes 334**

- Sex Education and Early Sexuality 334
- Sexual Role Playing 336
- Sexual Activities 337
- Sexuality among Lesbians 339
- Sexuality and Older Women 340
- The Sexual Revolution 341

<b>Sexual Dysfunction</b>	<b>342</b>
Sexual Unresponsiveness	343
Orgasmic Dysfunction	344
Vaginismus	344
Painful Intercourse	345
Gender Roles and Sexual Dysfunction	345
Therapy for Sexual Dysfunction	346
<b>Birth Control and Abortion</b>	<b>347</b>
Birth Control	347
Abortion	351

## CHAPTER 11

# Pregnancy, Childbirth, and Motherhood 358

<b>Pregnancy</b>	<b>360</b>
The Biology of Pregnancy	361
Physical Reactions to Pregnancy	361
Emotional Reactions to Pregnancy	362
Attitudes toward Pregnant Women	364
<b>Childbirth</b>	<b>366</b>
The Biology of Childbirth	366
Emotional Reactions to Childbirth	367
Prepared Childbirth	368
The Family-Centered Approach to Childbirth	368
<b>Motherhood</b>	<b>370</b>
Stereotypes about Motherhood	371
The Reality of Motherhood	371
Postpartum Disturbances	373
Breast-Feeding	374
Attachment	376
The Decision to Have Children	377

## CHAPTER 12

# Women and Psychological Disorders 384

<b>Sex Ratios in Psychological Disorders</b>	<b>386</b>
The Data	386
The Explanations	387

<b>Psychotherapy and Women</b>	<b>393</b>
Psychotherapy and Sexism	393
Traditional Therapies and Women	397
Alternative Approaches for Women	399
<b>Specific Psychological Disorders</b>	<b>405</b>
Depression	406
Phobic Disorders	409
Eating Disorders	411
Abuse of Alcohol and Other Drugs	415

## CHAPTER 13 **Violence against Women** 423

<b>Rape</b>	<b>425</b>
The Rape Attack	426
The Rape Victim's Reactions	427
Attitudes toward Rape	430
Myths about Rape	433
Child Sexual Abuse	435
Date Rape	436
Marital Rape	437
Rape Prevention	438
<b>Battered Women</b>	<b>441</b>
Characteristics of the Battering Relationship	442
Attitudes toward Battering	444
Myths about Battered Women	446
Options for Battered Women	447
Society's Response to the Battering Problem	449
<b>Sexual Harassment</b>	<b>451</b>
The Harassment Victim's Reactions	453
Attitudes toward Sexual Harassment	455
What to Do about Sexual Harassment	456

## CHAPTER 14 **Later Adulthood** 462

<b>Physical Aspects of Later Adulthood</b>	<b>465</b>
Health Issues	465
Menopause	467

**Retirement 472**

Planning for Retirement 472

Adjustment to Retirement 473

**Social Aspects of Later Adulthood 475**

Attitudes toward Older Women 475

Gender Roles in Later Adulthood 479

Family Relationships 479

Widowhood 482

Living Arrangements 484

Satisfaction with Life 485

Final Words 486

**References 491**

**Name Index 544**

**Subject Index 557**