

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Individuals stop developing new plans and ideas, cultivate and express longstanding talents or contribute productively to the welfare of younger friends, family and future generations: 1) _____
- A) at approximately the age of 80.
 - B) at no stage in the life cycle.
 - C) at approximately the age of 85.
 - D) at approximately the age of 60.

Answer: B

- Explanation: A)
B)
C)
D)

- 2) Intra-individual plasticity in development relates to: 2) _____
- A) the extent to which patterns of stability or change over the lifespan are flexibly modifiable in positive ways.
 - B) the similarities in the developmental patterns of groups of people growing up and growing old in different cultures and environments.
 - C) the contrasts in the developmental patterns of groups of people growing up and growing old in different cultures and environments.
 - D) the age-related patterns of constancy or change in psychological functioning that apply to most people as they grow up and get older.

Answer: A

- Explanation: A)
B)
C)
D)

- 3) For a change in an individual to be considered a genuine psychological development it needs to possess a number of qualities. Which of the following is not one of those qualities? 3) _____
- A) Progressively enhancing
 - B) Qualitative
 - C) Culturally specific
 - D) Permanent

Answer: C

- Explanation: A)
B)
C)
D)

- 4) In medieval Europe the only three phases in life were: 4) _____
- A) early childhood, late childhood and adulthood.
 - B) childhood, adolescence and adulthood.
 - C) childhood, maturity and decline.
 - D) infancy, maturity and senility.

Answer: D

- Explanation: A)
B)
C)
D)

5) When describing the history of childhood, Lloyd de Mause says the ignorance of children's special disabilities and vulnerabilities led to: 5) _____

- A) less abnormal behaviour than their 21st century contemporaries.
- B) harsh and inhumane forms of discipline.
- C) a more developed sense of self by the age of 8 in comparison to 21st century children.
- D) a childhood similar to today's childhood.

Answer: B
Explanation: A)
 B)
 C)
 D)

6) The timing of which of the following 'milestone events' or 'turning points', is not universal across most cultures and most eras of human history? 6) _____

- A) A child's first friendship
- B) Attending school
- C) A toddler's first meaningful word
- D) Parenthood

Answer: B
Explanation: A)
 B)
 C)
 D)

7) According to Hippocrates, old age had five substages. The second substage, 'Green', from 65 to 75, was described as: 7) _____

- A) a person is gaining wisdom and maturity, yet also has reasonably good health and physical power.
- B) a person is beginning to show signs of physical decline but, ideally, can maintain activity while enjoying a certain social respect accorded to venerability.
- C) a period of senility and painful infirmity from which death provides a welcome relief.
- D) a person is definitely becoming physically frail and should begin to withdraw gracefully from social life.

Answer: B
Explanation: A)
 B)
 C)
 D)

8) According to Ryff and Heincke (1983), what percentage of women age 40-50 believed that they would become more self-reliant, self-accepting and more invested in satisfying close relationships over the next 10 years? 8) _____

- A) 30%
- B) 60%
- C) 20%
- D) 70%

Answer: D
Explanation: A)
 B)
 C)
 D)

9) To facilitate developmental optimisation parents are recommended to do all of the following except: 9) _____
A) provide information on practices to ensure safe sexual intercourse.
B) start before birth.
C) use corporal punishment.
D) provide accurate information on diet.

Answer: C
Explanation: A)
 B)
 C)
 D)

10) The phrase 'Nothing is permanent except change' is associated with which Greek philosopher? 10) _____
A) Aristotle B) Plato C) Archimedes D) Heraclitus

Answer: D
Explanation: A)
 B)
 C)
 D)

11) To fully understand the development of any individual, a psychologist needs to take into account: 11) _____
A) the individual's position in the life cycle.
B) if they have children.
C) the individual's perception of ageing and social roles.
D) the shared beliefs about age-appropriate behaviour and social roles in the individual's culture.

Answer: D
Explanation: A)
 B)
 C)
 D)

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

12) _____ involves applied interventions designed to maximise individuals' opportunities to develop their psychological potential to the full. 12) _____
Answer: Optimisation
Explanation:

13) Erdman Palmore (2001) asked a group of elderly Americans if anyone had recently told them they were 'too old' to do something they personally felt quite competent to do. Forty-three percent answered _____. 13) _____
Answer: yes
Explanation:

14) The accusation that society is ageist highlights the need for _____ _____ _____ descriptive evidence about age groups and age differences. 14) _____
Answer: scientifically valid and reliable
Explanation:

- 15) To be described as 'development', a change should improve the individual's ability to _____ with a wide range of varied situations. 15) _____
 Answer: cope independently
 Explanation:
- 16) An individual's _____ provides insights into how development does, and should, happen. 16) _____
 Answer: culture
 Explanation:
- 17) According to Ryff (1991), most adults in their 40s and early 50s anticipated that they would have gained in _____ by the time they reached 60. 17) _____
 Answer: psychological strengths
 Explanation:
- 18) Children in medieval Europe were _____ access to bawdy or boozy adult entertainment. 18) _____
 Answer: allowed
 Explanation:
- 19) In traditional indigenous societies the social position accorded to an elder is likely to be _____ to that of the older adult in a modern industrialised society. 19) _____
 Answer: superior
 Explanation:
- 20) The developmental events that occur at approximately the same age for the vast majority of individuals are known as _____. 20) _____
 Answer: milestone events or turning points
 Explanation:

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 21) Ageism is prejudice directed at only people of over 30 years of age. 21) _____
 Answer: True False
 Explanation:
- 22) People aged over 100 years show a similar level of relative happiness as their 40-year-old and 60-year-old counterparts. 22) _____
 Answer: True False
 Explanation:
- 23) Age stereotypes are complete fabrications of typical behaviour/thinking when describing a particular age group. 23) _____
 Answer: True False
 Explanation:
- 24) New opportunities for psychological growth present themselves at each important juncture of development. 24) _____
 Answer: True False
 Explanation:

- 25) Culturally shared attitudes and practices with regard to middle and old age are not positive in Asian cultures. 25) _____
 Answer: True False
 Explanation:
- 26) If you feel flattered when someone thinks you are a bit older than you really are, you are likely to be under 25 years of age 26) _____
 Answer: True False
 Explanation:
- 27) Age group membership exerts an important sociological and cultural influence on human psychological functioning in all cultures. 27) _____
 Answer: True False
 Explanation:
- 28) In the mid to late 1900s adults tended to describe the timing of their own important life events in terms of a normative social clock. 28) _____
 Answer: True False
 Explanation:
- 29) In relation to developmental optimisation, teachers of mature adults encounter many of the same problems faced by teachers of children and adolescents. 29) _____
 Answer: True False
 Explanation:
- 30) The traditional Aboriginal conceptualisation of the life cycle implicitly depicts adulthood as a ladder or staircase descending towards lower levels of power and social service for adults of both sexes. 30) _____
 Answer: True False
 Explanation:
- 31) Physical and psychological development both stop at the end of adolescence. 31) _____
 Answer: True False
 Explanation:
- 32) The term 'adulthood' first appeared in the English language around 1820. 32) _____
 Answer: True False
 Explanation:

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 33) Discuss the interplay between biobehavioural and sociocultural forces in development throughout the lifespan.
 Answer:
- 34) Why is adolescence such an important stage in psychological development?
 Answer:
- 35) Is there likely to be an increase or a decrease in ageism in the next 30 years in western societies? Support your position with empirical evidence.
 Answer:

36) Discuss the relevance of the normative social clock in modern western society, with particular emphasis on the use of current communication technologies.

Answer:

37) Contrast the view of ageing between a traditional culture and a western culture.

Answer:

Answer Key

Testname: C1

- 1) B
- 2) A
- 3) C
- 4) D
- 5) B
- 6) B
- 7) B
- 8) D
- 9) C
- 10) D
- 11) D
- 12) Optimisation
- 13) yes
- 14) scientifically valid and reliable
- 15) cope independently
- 16) culture
- 17) psychological strengths
- 18) allowed
- 19) superior
- 20) milestone events or turning points
- 21) FALSE
- 22) TRUE
- 23) FALSE
- 24) TRUE
- 25) FALSE
- 26) TRUE
- 27) TRUE
- 28) TRUE
- 29) TRUE
- 30) FALSE
- 31) FALSE
- 32) FALSE
- 33)
- 34)
- 35)
- 36)
- 37)