

Exam

Name_____

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)