

## **CHAPTER 1: THE GROWTH OF SOCIAL GERONTOLOGY**

1) The rectangular survival curve:

- A) is considered to be the ideal survival curve and is dependent on a fixed maximum lifespan.
- B) has become more rectangular over the past century.
- C) is not a good representation of changes in worldwide life expectations.
- D) both A and B.

Answer: D

*Diff: 3*

*Page Ref: 17-18*

2) The oldest-old subgroup:

- A) is the slowest growing segment of the U.S. population.
- B) has about as much education as younger groups.
- C) has the same income as younger groups.
- D) is the fastest growing segment of the U.S. population.

Answer: D

*Diff: 2*

*Page Ref: 17-19*

3) According to the text:

- A) the “young-old” are those individuals aged 50-65.
- B) the “old-old” are those aged 65-75.
- C) the “oldest-old” are those aged 85+.
- D) “old-old” refers to all people age 65+.

Answer: C

*Diff: 1*

*Page Ref: 7*

4) Which model provides a way to view the interactions between a person and his/her environment?

- A) active aging
- B) resilience
- C) competence model
- D) environmental press model

Answer: C

*Diff: 1*

*Page Ref: 10-11*

5) In terms of psychological age, which of the following people is the youngest?

- A) Michelle, a college graduate at age 17
- B) Anne, a secretary at age 25
- C) Cathy, a college sophomore at age 48
- D) Sarah, a school teacher at age 55

Answer: C

Diff: 2

Page Ref: 4

6) The state which has the largest proportion of individuals aged 65 and above is:

- A) Florida.
- B) Minnesota.
- C) Utah.
- D) California.

Answer: A

Diff: 1

Page Ref: 27

7) The state which has the largest number of individuals aged 65 and above is:

- A) Florida.
- B) Oregon.
- C) Washington.
- D) California.

Answer: D

Diff: 1

Page Ref: 27

8) The elderly support ratio:

- A) assumes the low birth rate will increase.
- B) projects that by 2030 there will be 5 working people per retired person.
- C) does not take into account that some older people remain in the work force.
- D) assumes the population aged 18-65 are in the “working years” .

Answer: C

Diff: 3

Page Ref: 24

9) Which of the following is true about educational attainment among the population aged 65+?

- A) More white women than white men have college degrees.
- B) For African Americans over age 70 years, more men than women completed college.
- C) Baby Boomers are more educated than the oldest old.
- D) None of the above are true.

Answer: C

Diff: 3

Page Ref: 27-28

10) The term “compression of morbidity” refers to:

- A) fewer people dying from disease.
- B) functional decline due to disease is avoided.
- C) increased life expectancy.
- D) illness affecting only the last few years of life.

Answer: D

*Diff: 3*

*Page Ref: 29*

11) The distinction between active and dependent life expectancy is useful in illustrating:

- A) differences between men and women.
- B) that not all gains in life expectancy are positive.
- C) that most of the gain in life expectancy is a negative gain.
- D) the advantages of increased life expectancy for ethnic minorities.

Answer: B

*Diff: 2*

*Page Ref: 30*

12) A major problem with the cross-sectional research method is that:

- A) respondents become test wise.
- B) respondent attrition (loss of subjects) can occur over time.
- C) cohort effects may emerge rather than the effects of aging.
- D) the message of measurement may change over time.

Answer: C

*Diff: 2*

*Page Ref: 33*

13) Regarding the Gerontological Society of America and its publications,:

- A) the Journals of Gerontology deal primarily with the psychology of aging.
- B) this organization focuses on elders' social welfare.
- C) this is a national organization of physicians interested in older patients.
- D) this organization includes educators, researchers, and clinicians.

Answer: D

*Diff: 2*

*Page Ref: 31*

14) Which of the following institutions and settings have contributed significantly to the study of aging during the 1950s and 1960s?

- A) The Baltimore Longitudinal Study
- B) The Alaska Institute of Aging
- C) The North Dakota Institute on Aging
- D) The New England Centenarian Study

Answer: A

*Diff: 2*

*Page Ref: 32*

15) A major advantage of longitudinal research designs is that they:

- A) allow for practice effects.

- B) eliminate cohort effects.
- C) allow a distinction between age and time by testing.
- D) compare different groups.

Answer: B

*Diff: 2*

*Page Ref: 34*

16) Which two effects are confounded in cross-sectional research?

- A) age and cohort
- B) age and time-of-measurement
- C) cohort and time-of-measurement
- D) cohort and practice

Answer: A

*Diff: 2*

*Page Ref: 33*

17) Which two effects are confounded in longitudinal research?

- A) age and cohort
- B) age and time-of-measurement
- C) cohort and time-of-measurement
- D) cohort and practice

Answer: B

*Diff: 2*

*Page Ref: 34*

18) Compared with those that drop out, participants that remain in a longitudinal study are generally:

- A) more educated.
- B) healthier.
- C) more motivated.
- D) all of the above.

Answer: D

*Diff: 1*

*Page Ref: 35*

19) A research design that combines cross-sectional with longitudinal design is:

- A) cross-sequential.
- B) cohort-sequential.
- C) time-sequential.
- D) selective-sequential.

Answer: A

*Diff: 2*

*Page Ref: 35*

20) Selective dropout from longitudinal studies results in:

- A) poorer test scores with time.

- B) healthier and more motivated elders in the final sample.
- C) sicker and less educated elders in the final sample.
- D) few differences between drop-outs and those who remain.

Answer: B

*Diff: 2*

*Page Ref: 34*

21) In all organ systems normal declines occur:

- A) after age 30.
- B) in one's 5th decade.
- C) after a physical trauma.
- D) after age 60.

Answer: A

*Diff: 2*

*Page Ref: 6*

22) Females born in 2006 have an average life expectancy of:

- A) 75.4 years.
- B) 80.7 years.
- C) 84.3 years.
- D) 99.5 years.

Answer: B

*Diff: 2*

*Page Ref: 15*

23) What concept captures how earlier life experiences and decisions affect opportunities in later life?

- A) life course
- B) person-environment
- C) active-aging
- D) environmental press

Answer: A

*Diff: 2*

*Page Ref: 8*

24) Environmental press is high in an institutional setting where an individual is not responsible for self care.

Answer: FALSE

*Diff: 2*

*Page Ref: 10*

25) The expansion of research in social gerontology in the late 19th century and early 20th century is due to:

- A) the growth of the population over age 65.
- B) the need to modify policies for an older population.
- C) a mandate by universities and research institutes.
- D) both A and B.

Answer: D

*Diff: 2*

*Page Ref: 37*

26) In general, the chronological age of most people is consistent with their psychological and biological age.

Answer: FALSE

*Diff: 1*

*Page Ref: 4*

27) More older adults today subsist on incomes below the poverty level compared to the late 1950s.

Answer: FALSE

*Diff: 1*

*Page Ref: 28*

28) Relocating a frail elder to a nursing home is an example of increased environmental press in Lawton and Nahemow's model.

Answer: TRUE

*Diff: 3*

*Page Ref: 10*

29) Personal competence in the person-environment includes family members' assistance to the older person.

Answer: FALSE

*Diff: 2*

*Page Ref: 10*

30) The study of aging is primarily a study of diseases.

Answer: FALSE

*Diff: 1*

*Page Ref: 6*

31) Life expectancy refers to the average years of life one can expect to live, whereas maximum life span refers to the maximum number of years a given species is expected to live.

Answer: TRUE

*Diff: 1*

*Page Ref: 15-17*

32) Genetics appears to be a primary factor in living to be 100+ years old.

Answer: TRUE

*Diff: 2*

*Page Ref: 20*

33) Racial crossover effect describes the tendency for Caucasians to live longer than African Americans.

Answer: FALSE

*Diff: 2*

*Page Ref: 20*

34) Today's cohort of young-old has the same life expectancy, whether they are white or persons of color.

Answer: FALSE

*Diff: 1*

*Page Ref: 25*

35) The proportion of people aged 65 and older among ethnic minority groups will increase in the 21st century.

Answer: TRUE

*Diff: 1*

*Page Ref: 25*

36) Surveys of the health status of young-old Americans today provide considerable support for compressed morbidity in the future.

Answer: TRUE

*Diff: 2*

*Page Ref: 29*

37) Cross-sectional research designs are the best method to determine causation.

Answer: FALSE

*Diff: 2*

*Page Ref: 33*

38) Older people who drop out of longitudinal studies tend to be those who score lower on intelligence tests and are more socially isolated.

Answer: TRUE

*Diff: 2*

*Page Ref: 34*

39) Longitudinal studies are currently the most widely used research designs in gerontology.

Answer: FALSE

*Diff: 2*

*Page Ref: 34*

40) Sequential designs are particularly useful in studies of cognitive changes with aging.

Answer: TRUE

Diff: 2

Page Ref: 35

41) \_\_\_\_\_ focuses on how to prevent or manage the diseases of aging.

Answer: Geriatrics

Diff: 1

Page Ref: 3

42) \_\_\_\_\_ refers to an individual's changing roles and relationships with family and friends, in both paid and unpaid productive roles, and within organizations.

Answer: Social aging

Diff: 2

Page Ref: 4

43) \_\_\_\_\_ is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.

Answer: Active aging

Diff: 2

Page Ref: 7

44) In 1900 the average life expectancy at birth in the United States was \_\_\_\_\_ years.

Answer: 47

Diff: 2

Page Ref: 15

45) Females born in the U.S. in 2008 can expect to reach \_\_\_\_\_ years.

Answer: 80.7

Diff: 2

Page Ref: 15

46) Explain the concept of the active aging framework.

Answer: The active aging framework is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age. It shifts our thinking of old age as a time of passivity to one of continued participation in life and that aging is a lifelong process.

Diff: 2

Page Ref: 7

47) Identify the main reason the older population is growing.

Answer: One of the key factors contributing to the growth of older population is longer life expectancy. In 1900, the average life expectancy was 47 years. By 2008, the average life expectancy was 78.1 years.

Diff: 2

Page Ref: 15



48) What is a centenarian, and what have studies found about centenarians and their lives?

Answer: Centenarians are individuals who are over 100 years old. There are a variety of studies on these individuals and they look at both genetic and social factors. Genetic factors determine how well an older person copes with disease, but environmental factors may also influence overall health and functional ability.

*Diff: 2*

*Page Ref: 19-22*

49) What can you tell about a population by looking at its population pyramid?

Answer: A population pyramid tells you about a population age composition and gender composition as well as support ratios. It breaks up the population into 10-year cohorts. As the population ages and fewer children are born, the pyramid becomes more column-shaped.

*Diff: 2*

*Page Ref: 22-24*

50) Discuss the pros and cons of using longitudinal research design for studying gerontological topics.

Answer: Eliminates cohort effects by studying the same people over time, but does not allow a distinction between age and time of testing, cannot separate effects of other variables and has the potential for practice effects. Attrition and resulting selective dropout can compromise a longitudinal study.

*Diff: 2*

*Page Ref: 34-35*

## **CHAPTER 2: AGING IN OTHER COUNTRIES AND ACROSS CULTURES IN THE UNITED STATES**

1) The diverse cultures around the world illustrate that:

- A) there is a general need to achieve balance between elders' contributions to society and costs of supporting them.
- B) population aging is occurring at the same rate in developing and developed countries.
- C) there is a movement from low fertility urban societies to higher fertility rural societies.
- D) families no longer play a major role in supporting their elderly members.

Answer: A

*Diff: 3*

*Page Ref: 63*

2) Which of the following countries has the highest proportion of older adults?

- A) Sweden
- B) Greece
- C) Italy
- D) Japan

Answer: D

*Diff: 1*

*Page Ref: 45*

3) Characteristics of modernization that contribute to the decline of older adults' status in traditional societies include:

- A) literacy.
- B) health technology.
- C) employment status.
- D) both A and B.

Answer: D

*Diff: 2*

*Page Ref: 52*

4) The rectangularization of a population structure is due, in part, by:

- A) low birth rate.
- B) high birth rate.
- C) decreased life expectancy.
- D) both A and C.

Answer: A

*Diff: 3*

*Page Ref: 47*

5) According to modernization theory, which of the following statements is not true?

- A) Cultural values can mitigate the negative effects of modernization.
- B) Social changes that accompany modernization cause younger and older generations to become increasingly separated.
- C) Urbanization has improved the status of older adults.
- D) Both A and B.

Answer: C

*Diff: 2*

*Page Ref: 52-56*

6) Countries that do not favor allowing the immigration of young workers support the following solution(s) to labor shortage:

- A) persuade part time workers to become full time.
- B) encourage women to enter the workforce.
- C) raise the birthrate.
- D) all of the above.

Answer: D

*Diff: 2*

*Page Ref: 51*

7) Among the following characteristics, which is the least important one for enhancing older people's status?

- A) knowledge of traditional skills
- B) chronological age
- C) information control
- D) their social contributions

Answer: B

*Diff: 2*

*Page Ref: 52*

8) Societies in advanced stages of modernization may become more aware of the older population's devalued status through:

- A) religious organizations.
- B) politicians.
- C) advertising and television.
- D) peer pressure.

Answer: C

*Diff: 2*

*Page Ref: 54*

9) The major premise of modernization theory is that with modernization:

- A) older people's status increases in most societies

- B) there are more opportunities for intergenerational interaction
- C) older people experience a higher quality of life
- D) older people often lose political and social power

Answer: D

*Diff: 2*

*Page Ref: 52*

10) In relation to modernization, occupation and education,:

- A) have a reversed J-shaped relation.
- B) show an increase, but later decline.
- C) suggest that after initial stages of modernization, status differences between generations widen.
- D) suggest that after initial stages of modernization, the status of older people falls.

Answer: A

*Diff: 2*

*Page Ref: 53-54*

11) Which of the following statements about the care of older persons in Japan is true?

- A) Demand for nursing homes, especially in Japan's big cities, is low.
- B) Japanese families assume no more responsibility for their older relatives than do Western families.
- C) The proportion of older couples living with adult children has declined since 1985.
- D) The old are such a small proportion of the Japanese population that their care is not a significant problem.

Answer: C

*Diff: 2*

*Page Ref: 56*

12) Which is true of role changes and suicide among older adults?

- A) Generally, Japanese women aged 75 and older have lower suicide rates than their counterparts in English speaking countries.
- B) In the U.S., suicide rates increase for the 65 and older group when compared to the 40 -50 age group.
- C) Suicide rates of older women do not differ by country.
- D) Asian men aged 75 and older have higher suicide rates than any other age group of Asian men.

Answer: D

*Diff: 2*

*Page Ref: 54*

13) According to social exchange theory,:

- A) as society becomes more modernized, older people lose respect.
- B) most societies have a sense of reverence and deference toward elders.
- C) it is possible to achieve a balance between costs and contributions made by older adults and the extent of power and respect they command.
- D) none of the above.

Answer: C

*Diff: 1*

*Page Ref: 58*

14) Which of the following factors is most important in mitigating the impact of modernization on older people?

- A) expectations of continued financial support by parents
- B) cultural values of respect toward elders
- C) continued participation of elders in the workforce
- D) strong national welfare systems

Answer: B

*Diff: 3*

*Page Ref: 55*

15) Singapore is preparing for its aging population by:

- A) building long-term care facilities.
- B) encouraging self-sufficiency.
- C) lowering the mandatory retirement age to 60.
- D) passing legislation to mandate filial piety.

Answer: B

*Diff: 2*

*Page Ref: 59*

16) Values of filial piety and ancestor worship in Japan are based on:

- A) Confucian values.
- B) Judeo-Christian values.
- C) Muslim values.
- D) Buddhist values.

Answer: A

*Diff: 3*

*Page Ref: 55*

17) Which is not a reason for the growth of the old-old in developing countries?

- A) immunization
- B) medical care
- C) increasing birth rates
- D) improved nutrition

Answer: C

*Diff: 3*

*Page Ref: 47*

18) Which stages are part of the four-stage life cycle for high-caste men in traditional Hindu law?

- A) student, householder, sage, mendicant
- B) student, merchant, ascetic, mendicant
- C) student, householder, ascetic, mendicant
- D) teacher, householder, ascetic, mendicant

Answer: C

*Diff: 3*

*Page Ref: 58*

19) According to modernization theory, scientific technology:

- A) creates new jobs primarily for the young.
- B) increases infant mortality and maternal deaths.
- C) reduces the need for literacy and education.
- D) increases the number of new jobs for older adults.

Answer: A

*Diff: 2*

*Page Ref: 53*

20) Which country sponsors events such as “Respect for Elders Day” to promote family-based caregiving?

- A) Japan
- B) Korea
- C) Singapore
- D) Thailand

Answer: B

*Diff: 3*

*Page Ref: 57*

21) The primary caregivers of Japanese elders are:

- A) middle-aged women.
- B) their grandchildren.
- C) middle-aged males.
- D) younger adult women.

Answer: A

*Diff: 3*

*Page Ref: 56*

22) According to Cowgill's modernization theory, the application of health technology includes all of the following except:

- A) reduced infant mortality.
- B) reduced maternal death.
- C) prolonged adult life.
- D) decreased the number of older persons.

Answer: D

*Diff: 2*

*Page Ref: 52*

23) Causes for the decline in the percentage of parents living with children in Japanese culture include:

- A) industrialization.
- B) urbanization.
- C) increasing number of children since 1950.
- D) both A and B.

Answer: D

*Diff: 1*

*Page Ref: 56*

24) In which country do older adults over age 70 receive free basic medical services?

- A) Japan
- B) the United States
- C) the United Kingdom
- D) China

Answer: A

*Diff: 3*

*Page Ref: 56*

25) Older immigrants to the U.S. are:

- A) less likely to be educated.
- B) less likely to receive government benefits.
- C) less likely to live in poverty.
- D) more likely to use health services.

Answer: A

*Diff: 2*

*Page Ref: 60*

26) Comparative sociocultural gerontology has been useful in determining aspects of aging that are universal, versus aspects of aging that are shaped by culture.

Answer: TRUE

*Diff: 2*

*Page Ref: 51*

27) Older women in China are more functionally and economically disadvantaged than older Chinese men.

Answer: TRUE

*Diff: 2*

*Page Ref: 54*

28) Elderly Japanese immigrants are more likely to live independently than elderly Mexican immigrants.

Answer: TRUE

*Diff: 2*

*Page Ref: 61*

29) The U.S. state with the largest number of non-citizen immigrants is Texas.

Answer: FALSE

*Diff: 2*

*Page Ref: 63*

30) In 2005, the highest rates of employment of foreign-born women in direct care jobs was among Latinas.

Answer: TRUE

*Diff: 2*

*Page Ref: 62*

31) The majority of older immigrants to the U.S. follow their adult children.

Answer: TRUE

*Diff: 2*

*Page Ref: 60*

32) The majority of middle aged people in Japan believe that care of older parents is the childrens' responsibility.

Answer: TRUE

*Diff: 2*

*Page Ref: 56*

33) Retired husband syndrome describes a condition where newly retired men experience stress-related psychosomatic symptoms.

Answer: FALSE

*Diff: 2*

*Page Ref: 57*

34) In the next 30 years, Mexico will have a higher growth rate in their older population than will the U.S.

Answer: TRUE

*Diff: 2*

*Page Ref: 46*



35) Elders' immigration for the sake of their children can disrupt their psychological well-being.

Answer: TRUE

*Diff: 2*

*Page Ref: 60*

36) Japan has the highest absolute number of older adults.

Answer: FALSE

*Diff: 3*

*Page Ref: 47*

37) The poverty rate for older non-citizens is approximately twice that of older U.S. citizens.

Answer: TRUE

*Diff: 2*

*Page Ref: 62*

38) The majority of China's older population lives in rural areas.

Answer: TRUE

*Diff: 2*

*Page Ref: 55*

39) Despite increased financial demand on the nuclear family, traditional values of reciprocity have led Japan to continue the pattern of retired elders moving in with the oldest son and his family.

Answer: FALSE

*Diff: 2*

*Page Ref: 55*

40) Modernization Theory is one of the most prominent explanations of the declining status of the old in our society.

Answer: TRUE

*Diff: 1*

*Page Ref: 52*

41) Modernization theory has been advanced primarily by \_\_\_\_\_.

Answer: Cowgill

*Diff: 2*

*Page Ref: 52*

42) \_\_\_\_\_ values of filial piety and ancestor worship have helped maintain older persons' relatively high status in Japanese society.

Answer: Confucian

*Diff: 2*

*Page Ref: 54*

43) The increase in older adults and low birth rate in China have contributed to the population structure taking on a \_\_\_\_\_ shape.

Answer: rectangular

*Diff: 3*

*Page Ref: 47*

44) A study of \_\_\_\_\_, where grandparents care for grandchildren, show that these elders have greater life satisfaction and less depression than those in single generation households.

Answer: skip-generation households

*Diff: 3*

*Page Ref: 55*

45) \_\_\_\_\_ is a sense of reverence and deference toward elders.

Answer: Filial piety

*Diff: 3*

*Page Ref: 54*

46) Explain Japan's aging crisis.

Answer: Japan is experiencing the most rapid rate of population aging in the world. By 2050, the 65 and older group will comprise 30% of the country's population. Resistance to immigration, which would bring in younger workers, is contributing to the need of economic support of retirees.

*Diff: 3*

*Page Ref: 45*

47) Discuss the effects of culture and modernization in Japan.

Answer: Japanese culture has traditionally revered older adults, however, the economic demands placed on the nuclear family have challenged this practice. The unprecedented numbers of older people have increased the costs of maintaining older members and have created dilemmas for the younger family members who are responsible for their care.

*Diff: 2*

*Page Ref: 55*

48) Thoroughly discuss Cowgill's Modernization Theory.

Answer: According to Modernization Theory, the decline in status attributed to older adults is due to health technology, scientific technology, urbanization and literacy, and mass education. As society becomes more modernized, older people lose political and social power.

*Diff: 3*

*Page Ref: 52*

49) Discuss "retired husband syndrome."

Answer: In Japan, the medical condition has been observed among women whose husbands have retired by age 60-65 and remain at home full-time, demanding attention from their wives. Women are reporting psychosomatic symptoms related to stress resulting from having to serve their husbands.

*Diff: 3*

*Page Ref: 57*

50) Define skipped generation households and discuss study findings about older Chinese adults living in three generation households vs. those living in skipped generation households.

Answer: Skipped generation households are those whose grandparents care for grandchildren in the absence of the child's parents. Those living in three generation households reported greater life satisfaction and less depression than those living in skipped generation households.

*Diff: 3*

*Page Ref: 55*