Psychology of Aging 2nd edition Woodhead Test Bank

SKU: 9780826166166-TEST-BANK

Chapter 1

Introduction to the Psychology of Aging

1. Which statement describes the approximate proportions of older adults in the United States residing at home in comparison to those in assisted living environments, or in long-term care facilities?

   A. Most older adults live in long-term care facilities, with only a small proportion living at home or in assisted living.

   ***B. Most older adults live at home, with a smaller proportion in assisted living environments and an even smaller proportion in long-term care facilities.**

   C. Older adults are evenly split between living at home, in assisted living, and in long-term care facilities.

   D. Most older adults live in assisted living environments, with few living at home or in long-term care facilities.

   Answer: B) Most older adults live at home, with a smaller proportion in assisted living environments and an even smaller proportion in long-term care facilities.

   Rationale: Most older adults live at home and manage independently or with minimal support. A very small percentage of older adults reside in assisted living environments or long-term care facilities.

2. What does the term "community dwelling" refer to in the context of older adults?

   A. Older adults living in nursing homes or assisted living facilities

   B. Older adults who live in senior communities

   ***C. Older adults who reside in their own homes or apartments**

   D. Older adults who are temporarily in the hospital for treatment

   Answer: C) Older adults who reside in their own homes or apartments.

© Springer Publishing Company, LLC

Psychology of Aging 2nd edition Woodhead Test Bank

Rationale: "Community dwelling" specifically describes older adults who maintain their independence by living in their own homes or apartments instead of relying on institutional care.

3. What trend is observed regarding older adults living in developing regions compared to those in developed regions?

   A. The number of older adults in developed regions is increasing at a faster rate than in developing regions.

   B. The number of older adults who globally reside in developed regions is approximately 67%.

   C. The population of older adults in developing regions is growing faster than in developed regions.

   D. The older adults in developed regions are generally younger than those in developing regions.

   Answer: C) The population of older adults in developing regions is growing faster than in developed regions.

   Rationale: Developing regions tend to have higher birth rates historically, but as these regions progress socially and economically, they are also experiencing significant improvements in healthcare and living conditions. This, in turn, contributes to an increased life expectancy and a rapidly aging population.

4. How do Britain and Germany differ from Asian countries regarding the responsibility for the well-being of older adults?

   A. Britain and Germany argue that the government should take full responsibility for the financial needs of older adults, while Asian countries emphasize individual responsibility.

   B. Britain and Germany believe individuals are responsible for their own well-being without relying on government support, while Asian countries emphasize the roles of family and government in caring for the elderly.

   C. Britain and Germany believe that children should care for their aging parents, while Asian countries believe elder care should come from the government.

© Springer Publishing Company, LLC

Psychology of Aging 2nd edition Woodhead Test Bank

D. Britain and Germany emphasize collective responsibility when it comes to care for the elderly, while Asian countries view the individual as primarily responsible for their well-being.

Answer: B) Britain and Germany believe individuals are responsible for their own well-being without relying on government support, while Asian countries emphasize the roles of family and government in caring for the elderly.

Rationale: Both Britain and Germany generally place a strong emphasis on individual responsibility, especially in the context of well-being in older adulthood. In contrast, in Asian societies, family responsibility is central, and the government often works alongside families to ensure that older adults are supported.

5. Women born in 2019 have an average life expectancy of 81.4 years compared with 76.3 years for men. Based on the information provided, which statement describes the difference in life expectancy between men and women?

   A. Women born in 2019 have a lower life expectancy than men.

   B. Men born in 2019 have a higher life expectancy than women.

   C. Women born in 2019 have a higher life expectancy than men.

   D. Men and women born in 2019 have the same life expectancy.

   Answer: C) Women born in 2019 have a higher life expectancy than men.

   Rationale: On average, women born in 2019 are expected to live 5.1 years longer than men born in 2019.

6. How does life expectancy in older adulthood reflect the experiences of individuals who reach this stage of life?

   A. It shows that older adults have likely faced and overcome various challenges and health issues to reach their advanced age.

   B. It indicates that older adults will live the same number of years after reaching 65 or 75.

   C. It implies that individuals who reach older adulthood have engaged in many risky behaviors throughout their lives.

© Springer Publishing Company, LLC

Psychology of Aging 2nd edition Woodhead Test Bank

D. It reveals that older adults are expected to experience a significant decline in health immediately upon reaching 65.

Answer: A) It shows that older adults have likely faced and overcome various challenges and health issues to reach their advanced age.

Rationale: Life expectancy statistics for older adults represent a culmination of their life experiences, including the challenges and health issues they may have faced. Reaching older adulthood typically signifies that individuals have survived various hardships, such as illnesses or risky behaviors, that could have led to premature death.

7. What trend is observed regarding medical education and training related to geriatrics and aging populations?

A. Medical students, nurses, and psychologists receive extensive training in geriatrics and aging populations.

B. Healthcare programs now require coursework in gerontology and aging-related fields for all healthcare professionals.

C. Mental health professionals, including psychologists, are the primary specialists in the field of geriatric healthcare.

D. Few healthcare professionals, including geriatricians, nurses, and psychologists, specialize in geriatrics, despite the growing need for such expertise.

Answer: D) Few healthcare professionals, including geriatricians, nurses, and psychologists, specialize in geriatrics, despite the growing need for such expertise.

Rationale: There are significant gaps in geriatric training and specialization, with fewer healthcare professionals pursuing certifications or coursework in geriatrics despite the increasing demand for care for older adults.

8. The textbook chapter emphasizes which of the following limitations in addressing the healthcare needs of the aging population?

A. Lack of technological advancements in healthcare

B. Insufficient funding for healthcare research

C. Shortage of healthcare professionals trained to care for older adults

Psychology of Aging 2nd edition Woodhead Test Bank

D. Inadequate insurance coverage for older adults

Answer: C) Shortage of healthcare professionals trained to care for older adults.

Rationale: The main challenge is the shortage of healthcare professionals trained to care for older adults. As the aging population grows, there is an urgent need for a larger and better-trained workforce, particularly in specialized fields like geriatrics.

9. Why is longitudinal research considered the "gold standard" of developmental research?

A. It allows researchers to observe how different age groups compare at a single point in time.

B. It eliminates the need for comparison between individuals from different cohorts.

C. It is faster and less costly than other types of research methods.

D. It tracks the same individuals over time, helping to identify changes and cause-and-effect relationships in development.

Answer: D) It tracks the same individuals over time, helping to identify changes and cause-and-effect relationships in development.

Rationale: Longitudinal research is considered the "gold standard" because it tracks the same individuals over time, which allows researchers to observe how they change and develop throughout different stages of life. This type of research provides insights into cause-and-effect relationships because it can show how early experiences or behaviors impact later outcomes.

10. In the study of psychological phenomena, researchers often choose between cross-sectional and longitudinal research designs. Which of the following statements accurately compares the strengths and limitations of these two methods?

A. Cross-sectional research allows for the examination of changes over time, while longitudinal research provides a snapshot of a population at one point in time.

B. Longitudinal research can track changes in individuals over time, but is more susceptible to participant attrition, while cross-sectional research provides a snapshot of different age groups at one point in time but does not capture individual changes.

C. Cross-sectional studies are less susceptible to cohort effects, whereas longitudinal studies can be influenced by historical events occurring during the study period.

© Springer Publishing Company, LLC

Psychology of Aging 2nd edition Woodhead Test Bank

D. Longitudinal research is typically more effective for studying rare disorders, while cross-sectional research offers insight into common behaviors across various age groups.

Answer: B) Longitudinal research can track changes in individuals over time, but is more susceptible to participant attrition, while cross-sectional research provides a snapshot of different age groups at one point in time but does not capture individual changes.

Rationale: Longitudinal research follows the same group of individuals over a long period of time, allowing researchers to track individual changes as they age. This is one of its major strengths because it helps identify patterns of development and change over time. One of the main challenges with longitudinal research is participant attrition, which can create bias or limit the generalizability of the findings because the sample may no longer represent the original group. Cross-sectional research does not capture individual changes over time. It only gives a snapshot of age-related differences at one moment, without providing insight into how individuals change as they age.

© Springer Publishing Company, LLC

Psychology of Aging 2nd edition Woodhead Test Bank