Adult Development and Aging 7th edition Whitbourne Test Bank

SKU: 9781119607878-TEST-BANK

Chapter 1
Themes and Issues in Adult Development and Aging

As the opening chapter to the book, the material covered here provides the orientation to the course. During the first lecture, it is particularly important to provide students with a sense of excitement about the field. Reflect on your own enthusiasm for teaching this topic and, if appropriate, relate personal experiences that have led you to want to become involved in adult development and aging. It would also be useful to find out why students have chosen to taken the course, as it is quite likely that many of them are there for personal reasons as well.

Lecture Guidelines

There is a logical break between the theoretical issues in the first part of the chapter and the demographic material presented at the end. The lecture on demography can begin with a discussion of current issues relevant to aging, such as the effect on the population of the "graying of America". A discussion of the "Baby Boomers" would also be interesting, as many of the students have parents, or possibly grandparents, in this generation. You can also encourage students to contrast their views about Baby Boomers with “Millennials,” “Gen-X’ers,” and the like. Ask them if they believe that generational labels are helpful in understanding the behavior of individuals.

Videos and Films

There are many potentially relevant materials to include in the lectures based on this chapter. Keep your eyes open for news items that concern aging in the U.S., Canada, and the world relevant to the economy, social trends, and population dynamics. Non-stereotypic older adults can also be shown to counter negative representations that students may have such as older persons engaging in activities that would not normally be associated with aging.

There are two excellent films by PBS: “The Way We Get By” (http://www.pbs.org/pov/waywegey/) and Frontline “Living Old” (http://www.pbs.org/wgbh/pages/frontline/livingold/view/).
Because there are many statistics to summarize in the demography section, it is helpful to provide anything that will put a human face to the numbers.
There is an excellent series available on YouTube divided into five parts, called “The World’s Oldest People”: http://www.youtube.com/watch?v=Bjd8_9dtLHo

Discussion questions

The biopsychosocial perspective

Why is the biopsychosocial perspective important?
How does the material in this course relate to other courses that you have taken which employ an interdisciplinary perspective?

Four principles of adult development and aging

Do you feel that you are a different person than you were when you were younger?

Adult Development and Aging 7th edition Whitbourne Test Bank

Do you know of individuals who illustrate the principle of individual differences in development?
What are the important intraindividual dimensions that psychologists should study?
What are the implications for the field when you consider that the only people we can study in old age are those who survived?
How can you be a survivor?
Name some changes that you think are age-related and see if they are in fact age- or disease-related.

The meaning of age

How would you define a person as an "adult"? Do you feel that you qualify as an adult? What are appropriate criteria to use for this distinction other than or in addition to age?
What are the pros and cons of using these age-based divisions?
How could the alternative indices of age be implemented in a practical sense so that they would replace chronological age?
Can you come up with examples of influences on development that have affected you?

Key Social factors in adult development and aging

How are changing definitions of gender affecting the way you see yourself? How are these changing definitions being played out in society?
Why is race a difficult concept to measure?
How has your social class affected your own life so far?
How do you think social class will affect your life in the future?
What sorts of influences do you think that social class has on people's lives and why is it important in development?
How has your religion affected your own development?
Is religion different than spirituality? Which do you feel is more important for development in adulthood?

The Baby Boomers grow up: Changes in the middle-aged and older population in the United States and the world

What are some of the major implications of an aging population?
Will the aging Baby Boomers change the way that we think about aging, or have they done so already?
Who are famous aging Baby Boomers you can think of in the media who defy traditional stereotypes?
What are the implications of changes in the racial and ethnic distribution of the aging population?
How might the current generation of young adults (i.e. Millennials) differ from their parents and grandparents?

Multiple Choice Questions

Age Feed

1. Fact vs. myth

Correct choice: C
Which species of animal does not get cancer, and is therefore being studied to understand genetic causes of the disease?

A. whale
B. dolphin
C. shark
D. tuna

Adult Development and Aging 7th edition Whitbourne Test Bank

2. Fact vs. myth

Correct choice: B

Which of the following statements from the Age Feed represents a myth?

A. Most older adults stay socially active.
B. People become more pessimistic in later life.
C. Creativity continues throughout later adulthood.
D. Older adults maintain their long-term memory.

3. Fact vs. myth

Correct choice: B

Which of the following statements from the Age Feed represent a myth?

A. Most older adults stay socially active.
B. People become more pessimistic in later life.
C. Creativity continues throughout later adulthood.
D. Older adults maintain their long-term memory.

The biopsychosocial perspective

4. Biopsychosocial definition

Correct choice: C

The term _____ captures the concept that aging involves a set of processes that include physical changes, personality, and culture:

A. interactional
B. biopsychosocial
C. multidirectional
D. transformational

5. Biopsychosocial definition

Correct choice: A

The fact that changes in appearance reflect biological changes, individual identity, and social attitudes toward aging is an example of the:

A. biopsychosocial model.
B. continuity principle.
C. survival principle.
D. multidirectional model.

Four principles of adult development and aging

6. Continuity principle

Correct choice: B

The _____ principle of adult development and aging proposes that changes build on themselves over a person's lifetime in a cumulative fashion.

A. selection
B. continuity
C. chronological

Adult Development and Aging 7th edition Whitbourne Test Bank

D. normative

7. Continuity principle

Correct choice: B

The fact that people feel they are the same over time despite the fact that they are constantly undergoing age-related changes is the basis of which principle of adult development and aging?

A. individuality
B. continuity
C. similarity
D. normative

8. Survivor principle

Correct choice: C

The principle that only the survivors grow old is represented by the fact that, of all people born in 2020, only about _____ will be alive at the age of 85.

A. 171,000
B. 196,000
C. 115,000
D. 16,000

9. Survivor principle

Correct choice: C

Because the _____ are the individuals we study in later life, researchers caution that the findings may not be true for everyone born in a given period of time.

A. institutionalized
B. volunteers
C. survivors
D. young-old

10. Intraindividual differences

Correct choice: B

As shown in theoretical data on cognition and aging, intraindividuality in development is illustrated by the fact that:

A. One person at age 18 had the same scores of someone at age 35.
B. The same 54-year-old had high scores on number but low scores on free recall.
C. All four individuals had low induction test scores.
D. The 54-year old performed similarly on free recall as the 23-year-old.

11. Interindividual differences

Correct choice: D

As shown in theoretical data on cognition and aging, interindividuality in development is illustrated by the fact that:

A. People of the same ages receive very similar test scores.
B. The same 54-year-old had high scores on number but low scores on free recall.
C. All four individuals had low induction test scores.
D. Age differences only appeared on tests involving speed.

Adult Development and Aging 7th edition Whitbourne Test Bank

12. Secondary aging

Correct choice: D

A 66-year-old woman moves to Arizona from her hometown in Michigan. She enjoys outdoor activities and especially likes to spend time in the sun. For the last 3 years, she has battled skin cancer but her friends back home (who are less exposed to the sun) have remained cancer-free even though their skin shows signs of aging. The sun-loving woman's cancer is an example of which type of aging?

A. tertiary
B. primary
C. normal
D. secondary

13. Tertiary aging

Correct choice: A

Tertiary aging is the process that occurs at what point in life?

A. In the rapid decline before death.
B. After the individual has achieved sexual maturity.
C. When people start to "feel" their age.
D. In a continuous fashion throughout adulthood.

The meaning of age

14. Chronological age

Correct choice: D

Although imperfect, chronological age can be used to represent:

A. biological changes occurring over time.
B. an index of an individual's intelligence.
C. an individual's overall level of health.
D. the expectations and privileges within a culture.

15. Emerging adulthood

Correct choice: C

The term used to refer to the ages of approximately 18-29 is:

A. young-old.
B. early maturity.
C. emerging adulthood.
D. age of consent.

16. Oldest-old

Correct choice: A

A term in gerontology used to refer to people who are in the age group of 85 and older is:

A. oldest-old
B. middle-old
C. healthy-old
D. young-old

17. Supercentenarian

Correct choice: C

A supercentenarian is someone who is over the age of:

Adult Development and Aging 7th edition Whitbourne Test Bank

A. 95.
B. 122.
C. 110.
D. 100.

18. Social age

Correct choice: D

People who decide to retire before the typical age of 65-70 would be considered to have an older _____ age than their friends who are still working.

A. psychological
B. biological
C. personal
D. social

19. Normative age-graded

Correct choice: C

People who encounter life events that coincide with social expectations based on their chronological age are said to experience which type of influence?

A. normative history-graded
B. nonnormative
C. normative age-graded
D. normative psychological

20. Normative history-graded

Correct choice: B

Exposure to mass shootings in the U.S., even if not personally experienced, reflect which type of influence on development?

A. tertiary aging
B. normative history-graded
C. personal aging
D. normative age-graded

21. Normative history-graded

Correct choice: A

Which of the following would be considered a normative history-graded influence on development?

A. a building of international tensions associated with uprisings in a particular country
B. the timetable of what life changes people are expected to make at given ages
C. having a motor vehicle accident due to another driver's carelessness
D. becoming a grandparent at an earlier-than expected age

22. Non-normative

Correct choice: D

A family's home is destroyed when a tree falls through the roof during a windstorm. Theirs was the only dwelling on the street that was affected by the storm. This is an example of what type of influence on development?

A. normative history-graded
B. normative age-graded

Adult Development and Aging 7th edition Whitbourne Test Bank

C. normative personal
D. non-normative

23. Functional age

Correct choice: A

Which of the following would be considered a measure of functional age?

A. muscle strength
B. years since birth
C. expected time until death
D. the age a person feels

24. Social aging

Correct choice: A

The millennial generation is said to be affected in their development by the increasing availability of smartphone apps that connect them with friends. This set of influences on their development over time is referred to in gerontology as _____ aging.

A. social
B. intrinsic
C. normative
D. psychological

Key social factors in adult development and aging

25. Meaning of biological sex

Correct choice: D

The role of biological sex in development is regarded as reflecting which factor?

A. orientation toward sexual partners
B. sense of personal identification
C. opportunities for employment
D. hormonal influences

26. Transgendered

Correct choice: C

Individuals who adopt the sex other than what they were born with are referred to as:

A. bisexuals.
B. nontraditional.
C. transgendered.
D. bigendered.

27. Whitehall II

Difficulty: Moderate

Correct choice: A

The large-scale investigation of the relationship between health and occupational level is known as the:

A. Whitehall II Study
B. Life Stress Examination
C. Capitol Hill Program
D. White House Project

Adult Development and Aging 7th edition Whitbourne Test Bank

28. Whitehall II

Correct choice: D

Which factor was included in the British study known as Whitehall II as involved in understanding the impact of occupation on health?

A. yearly income
B. potential for injury
C. need for travel
D. psychological workload

29. Income not in SES

Correct choice: A

In defining an individual's socioeconomic status, the factor of _____ may be used, but is typically not included.

A. income
B. prestige
C. occupation
D. education

30. GINI

Correct choice: A

In the GINI coefficient, complete income equity of a country would occur when:

A. income is equally distributed by a corresponding share of the population.
B. the majority of the population earns a small share of total income.
C. 10% of the population earns 90% of the country's income.
D. income is completely matched with levels of education.

31. GINI

Correct choice: C

The statistic used to characterize a country's distribution of wealth is referred to as the.

A. SES level.
B. equality gap.
C. GINI coefficient.
D. inequity factor.

The Baby Boomers grow up: Changes in the middle-aged and older population in the United States and the world

32. Age sex structure

Correct choice: D

Highly developed, stable, countries that have nearly equal birth and death rates have an age-sex structure that would resemble which shape?

A. trapezoid
B. circle
C. diamond
D. rectangle

33. Number 65+ U.S.

Correct choice: A

Adult Development and Aging 7th edition Whitbourne Test Bank

The number of people 65 and older living in the U.S. as of 2017 is ___ million.

A. 50.9
B. 16.0
C. 47.8
D. 73.1

34. Centenarians 2060

Correct choice: C

By 2060, estimates are that there will be _____ centenarians in the U.S. population.

A. 37,300
B. 72,000
C. 604,000
D. 19,000

35. Health expectancy

Correct choice: B

Another way to express the concept of health expectancy is in terms of:

A. length of lifespan.
B. compression of morbidity.
C. functional age.
D. average death rates.

36. Health expectancy

Correct choice: A

Another way to express the concept of compression of mortality is in terms of:

A. health expectancy.
B. life span.
C. biological age.
D. health span.

37. Florida percent relative

Correct choice: A

Which U.S. state has the highest proportion (not number) of adults 65 and older?

A. Florida
B. Texas
C. California
D. Idaho

38. Florida percent

Correct choice: A

Florida has the highest percent of people 65 and older in the U.S., amounting to _____% of their population.

A. 19.9
B. 17.7
C. 12.3
D. 23.3

Adult Development and Aging 7th edition Whitbourne Test Bank

39. 2050 Sex distribution

Correct choice: B

By the year 2050, what percent of the U.S. population 65 and older is projected to be female?

A. 58
B. 54
C. 62
D. 39

40. Ethnic growth

Correct choice: D

The fastest growing ethnic minority group in the U.S. of people 65 and older consists of:

A. Asian Americans
B. Native Americans
C. Blacks
D. Hispanics

41. 2060 Ethnic distribution

Correct choice: C

Estimates are that by 2060, what percent of those 65 and older will be of Hispanic origin?

A. 17.8
B. 22.1
C. 27.5
D. 37.4

42. 2050 World projections

Correct choice: A

By the year 2050, estimates are that the world's "oldest" country will be:

A. Japan
B. Serbia
C. China
D. Portugal

43. 2050 World projections

Correct choice: D

By the year 2050, which continent will show the greatest increase in the 80-year and older population?

A. Europe
B. South America
C. Africa
D. Asia

44. 2050 Number 65+ world

Correct choice: B

By the year 2050, the number of people in the world who are 85 and older is estimated to be ____ million:

A. 126
B. 447
C. 90

Adult Development and Aging 7th edition Whitbourne Test Bank

D. 180

45. Number 65+ world

Correct choice: C

The number of people 65 and older in the world is estimated to be:

A. 106 million
B. 1.2 billion
C. 617 million
D. 137 million

46. 2050 Europe projection

Correct choice: B

By the year 2050, which part of the world will experience a substantial decrease in the percent of the population 65 and older?

A. Africa
B. Europe
C. Asia
D. Latin America

47. Developing nations increase

Correct choice: C

Health experts and demographers are concerned about changes in the age distribution of the population causing:

A. a reduction in the proportion of older adults in developing nations.
B. overly high proportions of the economically advantaged.
C. strains on health care for older adults in developing nations.
D. overabundance of children under the age of 5 years old.

48. Millennials

Correct choice: D

The generation reaching young adulthood in the early 21st century is referred to as the:

A. Silent Generation
B. Greatest Generation
C. Baby Boomers.
D. Millennials

49. Life span

Correct choice: B

The maximum age that a species can live to is referred to as the:

A. life expectancy.
B. life span.
C. mortality limit.
D. health expectancy.

50. Life expectancy 2015

Adult Development and Aging 7th edition Whitbourne Test Bank

Correct choice: C

In 2015, what was the average life expectancy in the U.S. of people who have reached the age of 65?

A. 71.2
B. 77.8
C. 84.4
D. 88.5

Short Answer Questions

The biopsychosocial perspective

1. Provide examples of concepts from the fields involved in the biopsychosocial perspective.
2. Why is the biopsychosocial perspective important in understanding the processes of adult development and aging?

Four principles of adult development and aging

1. What are the four principles underlying the study of adult development and aging?
2. Why is it important to distinguish normal aging from disease?
3. Provide an example in your own terms of interindividual and intraindividual variability in development.

The meaning of age

1. What are advantages and disadvantages of using a particular age to define "adult"?
2. Define and explain the purpose of using alternative indices of age.
3. List the three influences on development and provide your own examples of each.
4. Why do researchers believe it is important to distinguish personal from social aging?

Key social factors in adult development and aging

1. List and define the 5 major social categorizations used in describing the findings and theories in adult development and aging.
2. What might be the reasons for so few studies on the role of religion in aging? What might researchers be missing by failing to study this topic?

The Baby Boomers grow up: Changes in the middle-aged and older population in the United States and the world

1. What are the two main factors that have contributed to changes in life expectancy in the last 100 years?
2. What are the four main implications of changes in the age distribution of the population in the U.S. over the next 30 to 40 years?

Essay Questions

1. What is the value of using age as a means of understanding development? Would alternative indices be more useful? Why or why not?
2. Why is it important to understand individual differences in the process of development in later life?
3. How will changes in the age distribution of the population affect society as a whole? Provide specific examples.

Adult Development and Aging 7th edition Whitbourne Test Bank

4. Do you agree or disagree with using generational labels to describe individuals as they move through their adult years? Why or why not?
5. Explain the Gini index and how it affects income inequity in a given population.

Adult Development and Aging 7th edition Whitbourne Test Bank