



ADULT DEVELOPMENT AND AGING

THE CANADIAN EXPERIENCE

LORI HARPER
BONNIE DOBBS

CHAPTER 1: Issues to Consider in the Study of Adult Development

MULTIPLE CHOICE

1. Which of the following describes Dr. McKinna, a scientist who specializes in the study of aging?

- a. gerontologist
- b. geriatric psychiatrist
- c. developmental psychologist
- d. chronologist

ANS: A

RAT: The term gerontologist is used to refer to scientists who study aging.

REF: p. 2 Historical Aspects of the Study of Adult Development

BLM: Bloom's Taxonomy: Apply

2. Dr. Li is writing a research paper that she plans to submit to a journal published by the American Psychological Association. Dr. Li is describing a study she conducted where the participants were between the ages of 55 and 75. Which of the following terms should Dr. Li use to describe her participants?

- a. senior citizens
- b. elderly persons
- c. older adults
- d. baby boomers

ANS: C

RAT: Older adult is preferred because it does not have negative connotations and can be used to refer to older people from different generations.

REF: p. 2 A Word on Terminology

BLM: Bloom's Taxonomy: Apply

3. Which researcher is known for championing the study of development across the entire lifespan rather than focusing on children and adolescents?

- a. Gilligan
- b. Vygotsky
- c. Piaget
- d. Baltes

ANS: D

RAT: Gilligan did not study development and Vygotsky and Piaget focused on development in childhood and adolescence.

REF: p. 4 The Lifespan Developmental Perspective

BLM: Bloom's Taxonomy: Remember

4. The fact that development involves both increases and decreases and that this varies within people and between people reflects which of the key principles to the study of development?
- a. history and context
 - b. plasticity
 - c. multiple causality
 - d. multi-directionality

ANS: D

RAT: The term multi-directionality implies that a person may have gains in one area and losses in another area as they develop.

REF: p. 4 What Influences Lifespan Development?

BLM: Bloom's Taxonomy: Remember

5. Norman was in a serious car accident when he was 20 years old. A developmental psychologist would MOST likely classify this event as which of the following?
- a. a normative age-graded influence
 - b. a normative history-graded influence
 - c. a non-normative influence
 - d. an environmental influence

ANS: C

RAT: The accident would be considered a non-normative influence because it is a rare event not linked to age or other people in Norman's society.

REF: p. 4 What Influences Lifespan Development?

BLM: Bloom's Taxonomy: Apply

6. Which of the following is an example of a normative history-graded influence?
- a. retiring at age 65
 - b. being in a single-car accident at age 30
 - c. getting married at age 25
 - d. experiencing Quebec's ice storm at age 20

ANS: D

RAT: Many people of all ages experienced Quebec's devastating ice storm in 1998, making it a normative history-graded influence.

REF: p. 4 What Influences Lifespan Development?

BLM: Bloom's Taxonomy: Understand

7. What is the term for a person's development based on the aging of various physical systems?
- a. chronological age
 - b. biological age

- c. psychological age
- d. social age

ANS: A

RAT: Two people who have lived the same number of years may have different biological ages because of different health profiles.

REF: p. 6 Chronological, Biological, Psychological, and Social Age

BLM: Bloom's Taxonomy: Remember

8. Martin and Deepak are both 54 years old. Martin has just become a father for the first time and is healthy, while Deepak suffers from cardiovascular disease. Based on this description you can conclude that Martin and Deepak differ in which of the following?

- a. chronological age and biological age
- b. biological age and social age
- c. social age and psychological age
- d. psychological age and chronological age

ANS: B

RAT: Martin has a younger social age than Deepak because he has just become a father for the first time. Deepak has an older biological age than Martin because he has cardiovascular disease.

REF: p. 6 Chronological, Biological, Psychological, and Social Age

BLM: Bloom's Taxonomy: Apply

9. Functional age is determined by considering which of the following?

- a. psychological age, biological age, and social age
- b. biological age, social age, and chronological age
- c. social age, chronological age, and psychological age
- d. chronological age, psychological age, and biological age

ANS: A

RAT: Psychological age, biological age, and social age are better determinants of how well a person functions in their environment than chronological age.

REF: p. 6 Chronological, Biological, Psychological, and Social Age

BLM: Bloom's Taxonomy: Remember

10. Which type of age can be measured through stage theories such as those proposed by Erikson and Piaget?

- a. chronological age
- b. biological age
- c. psychological age
- d. social age

ANS: C

RAT: Psychological age reflects how a person thinks, reasons, and acts independent of chronological age.

REF: p. 6 Chronological, Biological, Psychological, and Social Age

BLM: Bloom's Taxonomy: Remember

11. Farah is 47 and has noticed her vision declining over the past few years. Farah now needs reading glasses to read small print. Which process is reflected in Farah's experience?

- a. primary aging
- b. secondary aging
- c. tertiary aging
- d. social aging

ANS: A

RAT: Changes in eyesight are a normal part of aging not caused by disease so these changes are the result of the process known as primary aging.

REF: p. 7 Primary, Secondary, and Tertiary Aging

BLM: Bloom's Taxonomy: Apply

12. Desi is 51 years old and has cardiovascular disease. Changes that occur in Desi that are due to cardiovascular disease can be attributed to which of the following processes?

- a. primary aging
- b. secondary aging
- c. tertiary aging
- d. chronological aging

ANS: B

RAT: Changes that result from disease, including cardiovascular disease, are referred to as secondary aging.

REF: p. 7 Primary, Secondary, and Tertiary Aging

BLM: Bloom's Taxonomy: Apply

13. Which of the following involves the rapid decrease in cognitive and functional ability in the years prior to death?

- a. primary aging
- b. secondary aging
- c. tertiary aging
- d. psychological aging

ANS: C

RAT: A 91-year-old woman who moves from an assisted living facility to a nursing home because she can no longer care for herself is experiencing tertiary aging.

REF: p. 7 Primary, Secondary, and Tertiary Aging

BLM: Bloom's Taxonomy: Remember

14. Which of the following terms would be used to classify Magda, who is 76 years old?

- a. young-old
- b. medium-old
- c. old-old
- d. oldest-old

ANS: C

RAT: The term old-old applies to people aged 75 to 84 years.

REF: p. 7 Age 65 Years of Age and Older: One Homogenous Group?

BLM: Bloom's Taxonomy: Apply

15. What is the age range for people who are members of the third age?

- a. between 45 and 60
- b. between 65 and 85
- c. between 50 and 75
- d. between 75 and 95

ANS: C

RAT: The third age comprises people aged 50 to 75.

REF: p. 7 Age 65 Years of Age and Older: One Homogenous Group?

BLM: Bloom's Taxonomy: Remember

16. Most of what is known about older adults is based on research involving people belonging to which of the following groups?

- a. first age
- b. second age
- c. third age
- d. fourth age

ANS: C

RAT: The third age comprises people aged 50 to 75. Less is known about the fourth age, comprising people over 75, because until recently few people lived into their 80s and 90s.

REF: p. 7 Age 65 Years of Age and Older: One Homogenous Group?

BLM: Bloom's Taxonomy: Understand

17. Which country is home to the world's oldest population?

- a. Canada
- b. Japan
- c. Germany
- d. Sweden

ANS: B

RAT: Thirty-three percent of Japan's population is over age 60.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Remember

18. In which part of the world is the number of older persons expected to grow FASTEST in the next 15 years?

- a. North America
- b. Europe and the United Kingdom
- c. Africa
- d. Latin America and the Caribbean

ANS: D

RAT: In the next 15 years there will be a 71% increase in the number of older persons in Latin America and the Caribbean.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Remember

19. Which of the following has contributed the MOST to the aging of the world's population?

- a. better healthcare
- b. improved access to healthcare
- c. the eradication of childhood diseases
- d. a decline in birth rates in G8 countries

ANS: D

RAT: When the birth rate declines there are fewer young people compared to older people.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Remember

20. What is the fertility replacement level for most countries?

- a. 1.8
- b. 2.1
- c. 2.4
- d. 2.7

ANS: B

RAT: In most countries, 2.1 children must be born to each woman to maintain the population.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Remember

21. What is the average number of children born to Canadian women based on statistics from 2011?

- a. 1.4

- b. 1.6
- c. 1.8
- d. 2.0

ANS: B

RAT: The fertility rate in Canada was 1.6 in 2011.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Understand

22. In a population pyramid, what variable is represented on the y -axis?

- a. age group
- b. percent
- c. fertility rate
- d. life expectancy

ANS: A

RAT: A population pyramid plots percent on the x -axis and age group on the y -axis.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Understand

23. Which of the following BEST describes the shape of the population pyramid in Canada in 2011?

- a. an inverted pyramid
- b. a pyramid
- c. a rectangle
- d. an oval

ANS: C

RAT: Canada's population in 2011 was evenly distributed across ages, giving the population pyramid a rectangular shape.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Understand

24. Which of the following countries experienced the LARGEST baby boom following World War II?

- a. the United States
- b. the United Kingdom
- c. Canada
- d. France

ANS: C

RAT: Canada had the largest baby boom with a fertility rate of approximately 3.94.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Remember

25. Debbie is a Canadian baby boomer. This means that Debbie must have been born between which of the following years?

- a. 1940 and 1958
- b. 1944 and 1962
- c. 1946 and 1964
- d. 1948 and 1966

ANS: C

RAT: The baby boom occurred between 1946 and 1964.

REF: p. 8 Changes in the Population Pyramid in Canada and Around the World

BLM: Bloom's Taxonomy: Understand

26. Tang is 60 years old and has just moved to Canada as a family class immigrant. How many years must Tang wait before he is eligible for a government pension?

- a. 2 years
- b. 4 years
- c. 8 years
- d. 10 years

ANS: D

RAT: A person must be a permanent resident of Canada for 10 years before they are eligible for government pensions.

REF: p. 12 Diversity in Older Adults

BLM: Bloom's Taxonomy: Understand

27. Which of the following countries is traditionally associated with filial piety?

- a. India
- b. Australia
- c. Canada
- d. England

ANS: A

RAT: Filial piety compels younger people to obey and respect older people and is more closely associated with Eastern cultures than Western cultures.

REF: p. 12 Diversity in Older Adults

BLM: Bloom's Taxonomy: Understand

28. Which of the following is the BEST predictor of positive attitudes toward older adults?

- a. filial piety
- b. communal values

- c. Confucianism
- d. individualism

ANS: B

RAT: Regardless of culture, people who score high on the communal values of warmth, friendliness, and love tend to have more positive attitudes toward older adults.

REF: p. 12 Diversity in Older Adults

BLM: Bloom's Taxonomy: Understand

29. What does the term ageism refer to?

- a. thinking that older people are of greater value than younger people and structuring society around the young-old
- b. thinking that older people are of greater value than younger people and providing more social benefits to older people as a result
- c. thinking of older people in terms of negative stereotypes and structuring society around the young-old
- d. thinking of older people in terms of negative stereotypes and structuring society around the young

ANS: D

RAT: Ageism describes negative stereotypes about older people and is reflected in a society that revolves around the assumption that everyone is young.

REF: p. 16 Ageism

BLM: Bloom's Taxonomy: Understand

30. Which of the following individuals is MOST likely to report being the victim of ageism?

- a. a 25-year-old man
- b. a 25-year-old woman
- c. a 66-year-old man
- d. a 65-year-old woman

ANS: D

RAT: Ageism affects older adults and is more likely to affect women than men.

REF: p. 16 Ageism

BLM: Bloom's Taxonomy: Understand

31. The arc of life suggests that experiences peak in which part of life?

- a. young adulthood
- b. emerging adulthood
- c. middle adulthood
- d. late adulthood

ANS: C

RAT: The arc of life suggests that the joys and discoveries of life peak in middle adulthood and