

PYC2603 Exam Answers May/Jun 2015, Oct/Nov 2015, May/Jun 2016, Oct/Nov 2016

written by

adeles



The study-notes marketplace

Buy and sell all your summaries, notes, theses, essays, papers, cases, manuals, researches, and many more...

www.stuvia.co.za

PYC2603
EXAM PREPARATION

This document is a compilation of past UNISA exam questions and answers

Answers are motivated by a combination of:

- Page references to the prescribed book: Adult Development and Ageing (Dap Louw & Anet Louw)
- Short summaries on the topic(s) in question (where applicable)

Past exams covered are:

- May-Jun 2015
- Oct-Nov 2015
- May-Jun 2016
- Oct-Nov 2016

Please note: This document is an additional tool for exam preparation. The Stuvia-user that compiled and uploaded this document takes no responsibility for incorrect answers. Students must ensure that they learn the prescribed material and understand the content

May/June 2015

QUESTION 1

The degree in which a person's role in society meets the expectations and perceptions of that society is referred to as his/her ____, the physical condition of a person, as compared to his/her peer group is referred to as the person's ____, a person's cultural age can be regarded as the same as his/her ____, and the total ability of an individual to function effectively in his/her environment refers to his/her ____

- (1) social age, biological age, social age, functional age
- (2) functional age, biological age, Social age, Social age
- (3) primary age, secondary age, tertiary age, overall age secondary age
- (4) secondary age, primary age, secondary age, tertiary age

Answer: The correct option is (1)

(Prescribed Book p6)

Definitions of age (of a person)

- Chronological age – the number of years since birth.
- Psychological age – the ability to adjust to the environment and cope with associated challenges.
- Social age – the degree in which the role in society meets expectations and perceptions of the society.
- Cultural age – synonym for social age (when social age has to meet culturally determined criteria)
- Biological age – physical condition in relation to peers.
- Functional age – total ability to function (psychological + social + biological)

QUESTION 2

An 80 year old man states that he does not want to go to an old age home as it is "a place just for old people". This is an example of the man's

- (1) social age
- (2) personal age
- (3) ageless self
- (4) selfless age

Answer: The correct option is (2)

(Prescribed Book p7)

Definitions of age (of the self)

- Personal age – how one perceives and experiences one's age.
- Ageless self – the experience that the self (core of personality) remains the same regardless of age variants.

QUESTION 3

Generally speaking, men tend to feel more anxious about growing older and tend to often experience themselves more as 'old' than is the case with women. This statement is

- (1) true because of the more rapid physical deterioration of men
- (2) the result of cultural expectations
- (3) untrue
- (4) partly true and partly untrue because of Individual differences In physical ageing

Answer: The correct option is (3)

(Prescribed Book p7)

Most societies place bigger emphasis on the physical appearance and reproductive abilities than on that of men. Therefore women feel more anxious about growing older.

QUESTION 4

The forces that play a role in the life-span development of humans are the ____ forces

- (1) biological, psychological, normative and historical
- (2) life-cycle, normative, psychological and biological
- (3) biological, psychological, socio-cultural and life-cycle
- (4) social-cultural, historical, psychological and life-cycle

Answer: The correct option is (3)

(Prescribed Book p18)

QUESTION 5

Which of the following principles reflect the assumption of the life-span developmental perspective?

- a) Development is multidimensional but unidirectional
- b) Development is a combination of gains and losses
- c) Development is inflexible
- d) Development is multidisciplinary

The correct answer is-

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (2)

(Prescribed Book p16,17)

Key principles providing a framework from which to study adult development:

- Development is a lifelong process
- Development is multidimensional and multidirectional
- Development is a combination of gains and losses
- Development shows plasticity
- Development is embedded in history and context
- Development occurs in context
- Development is multidisciplinary

Therefore, a) and c) is incorrect

QUESTION 6

The activity-passivity issue in human development refers to ___ and the universality-context specific issue refers to ___.

- (1) the question whether people change or remain the same over time, the view that people are actively involved in their development
- (2) the assumption that people are passive recipients of biological or environmental effects as well as the assumption that people create their own environments in which they function effectively, the perspective that all people reflect the same basic developmental processes as well as the perspective that each environment has its own set of unique procedures that shapes development
- (3) the view that people are the active products of their environment, qualitative differences in humans due to contextual influences
- (4) the relative contribution of genetics and the environment to human development, the question whether development occurs quantitatively or qualitatively

Answer: The correct option is (2)

(Prescribed Book p22)

Issues in development

- Nature-nurture – the interaction between biological and environmental influences.
- Stability-change – whether people change or remain the same over time.
- Continuity-discontinuity – whether development occurs gradually and continuously or abruptly and discontinuously.
- Activity-passivity – are humans actively involved in their developments or passive recipients of biological and environmental effects.
- Universality-context specific – the extent to which development is universal or different from one to another.
- Mechanistic-organismic-interactionist – whether development is mechanistic (the human reacts passively to biological forces) or interactionist (the human actively participates in development with reciprocal relations with the environment)

QUESTION 7

The nature-nurture issue in development refers to

- (1) the question whether the environment contributes the most to development
- (2) the question whether genetics contribute the most to development
- (3) the relative contribution of genetics and the environment to development
- (4) behaviour genetics

Answer: The correct option is (3)

(Prescribed Book p20)

QUESTION 8

The viewpoint that people develop according to internally generated patterns of development, is referred to as the ___ perspective. Development, therefore, occurs ___ and each phase differ ___ from the next. 4

- (1) psychological, mechanistically, interactionally
- (2) interactionist, multi-directionally; multi-dimensionally
- (3) mechanistic; continuously, quantitatively
- (4) orgasmic, discontinuously, qualitatively

Answer: The correct option is (4) (Prescribed Book p23)

QUESTION 9

Stanley is researching the social interaction of late individuals who live in an old age home. He works as a volunteer at the home and at the same time makes notes of the inhabitants' interactional patterns. This form of research data gathering is called

- (1) hypothetical observation
- (2) reaction observation
- (3) structured observation
- (4) naturalistic observation

Answer: The correct option is (4) (Prescribed Book p28)

QUESTION 10

Catherine is interested in whether elderly people will be able to learn complex computer skills. She develops a series of programmes and trains a number of 70 year-old adults in certain computer skills. She then tests their computer skills. Catherine uses a ___ research design

- (1) longitudinal
- (2) experimental
- (3) correlational
- (4) cross-sectional

Answer: The correct option is (2) (Prescribed Book p30)

QUESTION 11

The genetic programming theory proposes that ageing is the result of

- a) the ageing of body cells in accordance with a master genetic programme innate to every specific species
- b) a decrease in the ability of cells to divide, the cells deteriorate until the person dies
- c) the shortening of telomeres with each cell division so that the telomeres eventually become so short and contain so little telomerase that cell division cannot continue
- d) unplanned changes in the organism over time

The correct answer is.

- 1) (a) & (b)
- 2) (c) & (d)
- 3) (a), (b) & (c)
- 4) All of the above

Answer: The correct option is (3) (Prescribed Book p49)

Unplanned changes refers to "random error" theories, therefore (d) is incorrect.

5

QUESTION 12

___ theories of human development are based on the assumption that ageing reflects unplanned changes in the organism over time.

- (1) Stress
- (2) Random error
- (3) Spontaneous ageing
- (4) Life span

Answer: The correct option is (2)

(Prescribed Book p49)

QUESTION 13

Menopause refers to the period in a woman's life when

- a) the menstruation cycle ceases.
- b) some women experience hot flushes and night sweating
- c) the hormonal cycle changes and ovaries secrete less estrogen
- d) some women feel depressed and anxious.

The correct answer is.

- 1) (a) & (d)
- 2) (b) & (c)
- 3) (a), (b) & (d)
- 4) All of the above

Answer: The correct option is (4)

(Prescribed Book p67)

QUESTION 14

Certain symptoms that resemble the female climacteric have been found in men This phenomenon is referred to as the

- (1) male midlife crisis
- (2) male andropause
- (3) male menopause
- (4) male climacteric

Answer: The correct option is (2)

(Prescribed Book p71)

QUESTION 15

With the refinement of research methodologies regarding age-related cognitive changes,

- a) the controversy regarding whether there is a general decline or not, still continues
- b) the pessimistic view regarding general cognitive decline has largely been challenged
- c) there are still no simple answers to the question whether cognitions generally decline with age
- d) It is clear that basic cognitive functions such as memory and information processing decline whilst higher cognitive functions such as intelligence and language remain constant

The correct answer is

- 1) (d)
- 2) (a) & (c)

- 3) (b) & (d)
- 4) (a), (b) & (c)

Answer: The correct option is (4) (Prescribed Book p90)
There is still no clarity on whether there is a general decline or not, therefore (d) is incorrect.

QUESTION 16

According to the ____ slower reaction time reflects a decline in the functioning in the nervous system and according to ____ the complexity of a task affects how quickly people respond to a stimulus.

- (1) general slowing hypothesis, age-complexity hypothesis
- (2) neurological hypothesis, general slowing hypothesis
- (3) age-complexity hypothesis; neurological hypothesis
- (4) Inhibitory deficit model, reduced attentional resources model

Answer: The correct option is (1) (Prescribed Book p94-95)

QUESTION 17

Primary memory refers to the ____ and working memory refers to the ____

- 1) ability to remember what still needs to be done, recall and recognition of information
- 2) recall and recognition of information, ability to remember what still needs to be done
- 3) active processing and manipulation of information, passive retention of information
- 4) passive retention of information, active processing and manipulation of information

Answer: The correct option is (4) (Prescribed Book p96)

QUESTION 18

The central executive (an attentional control system) is involved in ____, which helps individuals to maintain a memory while doing another attention-demanding task.

- (1) the primary memory system
- (2) the secondary memory system
- (3) concurrent processing
- (4) memory retrieval

Answer: The correct option is (3) (Prescribed Book p97)

QUESTION 19

Information in the short term memory ____

- a) will be lost if it is no longer needed
- b) that has to be remembered, is transferred to the long-term memory
- c) is usually lost forever
- d) relates to a person's motivation to remember certain information

The correct answer is.

- 1) (a) & (b)
- 2) (b) & (c)
- 3) (a), (b) & (d)
- 4) All of the above

Answer: The correct option is (1) (Prescribed Book p97)

Since (b) is correct, (c) is incorrect.

7

QUESTION 20

The long term memory consists of the following types of memory.

- a) Episodic and semantic memories
- b) Explicit and implicit memories
- c) Retrospective and prospective memories
- d) Autobiographical and procedural memories

The correct answer is.

- (1) (a) & (d)
- (2) (b) & (c)
- (3) None of the above
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p97-98)

QUESTION 21

Researchers have found that most autobiographical memories seem to stem from when a person was between the ages of 10 and 30 years old. This phenomenon can be attributed to:

- 1) source memory
- 2) childhood amnesia
- 3) a reminiscence peak
- 4) temporal memory

Answer: The correct option is (3)

(Prescribed Book p100/1)

QUESTION 22

Which of the following statements regarding metamemory and memory self-efficacy are true?

- a) Older adults seem to have better metamemory skills than younger adults.
- b) Both younger and older adults report memory lapses.
- c) A typical developmental pattern regarding memory self-efficacy seems to be: low expression in adolescence, and increase in early adulthood, a peak in mature adulthood and a minor decline in later years.
- d) A person's perception of his or her memory ability may be related to personality factors and self-perceptions.

The correct answer is

- (1) (a)
- (2) (b)
- (3) (a), (c) & (d)
- (4) (b), (c) & (d)

Answer: The correct option is (4)

(Prescribed Book p104)

QUESTION 23

When 75-year old Eveline experiences a memory lapse, she often says. "Everyone sometimes forgets things, ifs not only me". She therefore makes use of ___ coping strategies

8

- (1) Instrumental
- (2) cognitive
- (3) internal
- (4) external

Answer: The correct option is (2)

(Prescribed Book p104)

QUESTION 24

Crystallised Intelligence as proposed in the theory of Cattell and Horn (Cited In Louw & Louw, 2009) refers to ___ whilst fluid Intelligence refers to___.

- 1) the verbal and Informational abilities that were learned at school and through culturally based experiences; the ability to solve problems for which there are no solutions derivable from formal education
- 2) intelligence as a function of education and culturally based experiences, intellectual abilities largely due to the functioning of the central nervous system
- 3) Intellectual abilities largely due to the functioning of the central nervous system, Intelligence as a function of education and culturally based experiences
- 4) the ability to solve problems for which there are no solutions derivable from formal education, the verbal and Informational abilities that were learned at school and through culturally based experiences

Answer: The correct option is (1)

(Prescribed Book p109)

QUESTION 25

Findings from longitudinal studies regarding age-related decline in intelligence indicated ___

- 1) that no real decline occurred
- 2) a decline resembling the classic ageing curve
- 3) that a slight decline did occur as from the age of 40 years
- 4) an overall decline in Intelligence after retirement

Answer: The correct option is (2)

(Prescribed Book p110)

QUESTION 26

According to Baltes and his co-workers (cited in Louw & Louw, 2009), wisdom consists of the following characteristics

- a) Factual knowledge and knowledge about strategies and procedures
- b) Creativity and expertise
- c) Life-span contextualism, relativism and uncertainty
- d) Implicit and explicit knowledge about many things

The correct answer is-

- 1) (a) & (c)
- 2) (b) & (d)
- 3) (a), (b) & (c)
- 4) All of the above

Answer: The correct option is (1) (Prescribed Book p122)

Five characteristics of wisdom

- Factual knowledge
- Knowledge about strategies and procedures
- Life-span contextualism
- Relativism
- Uncertainty

9

QUESTION 27

Research on expertise during adulthood:

- 1) indicates that expert performance tends to be maintained as people age, with only slight declines in the older age groups
- 2) indicates that older adults are most often experts in all areas of their performance
- 3) suggests that younger adults outperform older adults on many information processing tasks and therefore gain more expertise than older adults
- 4) indicates that rapid developments in many areas of life make expertise in adulthood impossible

Answer: The correct option is (1)

(Prescribed Book p120)

QUESTION 28

The process of encapsulation

- a) refers to the idea that the process of thinking becomes connected to the products of thinking
- b) reflects the fact that due to experience, knowledge in adulthood becomes increasingly more specialised
- c) reflects the lesser role of age-related neurological development and the increased role of knowledge and
- d) is unique to adult cognitive development and is quite different from cognitive development in childhood which is more genetically driven

The correct answer is

- 1) & (c)
- 2) & (d)
- 3) (a), (b) & (d)
- 4) All of the above

Answer: The correct option is (4)

(Prescribed Book p121)

QUESTION 29

A person who considers multiple contexts for problems and dilemmas, exhibits the ____ characteristics of wisdom, while the person who obtains information, gives timely advice and analyses the impact of a decision on immediate and future consequences, exhibits the ____ characteristics of wisdom

- 1) Life-span contextualism, factual knowledge
- 2) relativism; uncertainty
- 3) life-span contextualism, knowledge about strategies and procedures
- 4) factual knowledge; knowledge about strategies and procedures

Answer: The correct option is (3)

(Prescribed Book p122)

QUESTION 30

Which of the following statements are true about creativity in adulthood?

- a) Creativity and intelligence reflect the same cognitive constructs
- b) It is a universal truth that creative people often had an unhappy childhood
- c) Creativity in adulthood is linked to a passion for learning and improving on oneself
- d) Creative people tend to have strong personalities

The correct answer is.

- 1) (a)
- 2) (c)
- 3) (b) & (d)
- 4) All of the above

Answer: The correct option is (2)

(Prescribed Book p124-8)

QUESTION 31

Piaget believed that the development of intelligence stems from the emergence of increasingly complex structures. This takes place through the principles and processes of ___ and ___.

- a) adaptation, organisation
- b) assimilation, accommodation
- c) reorganisation, accumulation
- d) dialectical thinking , logic

The correct answer is

- 1) (a) & (b)
- 2) (c) & (d)
- 3) None of the above
- 4) All of the above

Answer: The correct option is (1)

(Prescribed Book p132)

Assimilation and accommodation is underlying concepts of adaptation, therefore (a) AND (b) is correct.

QUESTION 32

Due to criticisms against Piaget's conception of formal operational thought, a group of theorists, referred to as the ____, believed that cognitive growth takes place beyond formal operational thinking. This type of thinking was termed ____

- 1) post-Piagetians, relativistic thought
- 2) neo-Piagetians, dialectical thought
- 3) neo-Piagetians, postformal-thought
- 4) post-Piagetians, postformal thought

Answer: The correct option is (3)

(Prescribed Book p133)

QUESTION 33

Which of the following statements regarding post formal thoughts are true?

- a) Post formal thought is characterised by a recognition that the truth varies from situation to situation and that solutions must be realistic to be reasonable
- b) It proposes that ambiguity and contradiction are the rule rather than the exception.

- c) It proposes that emotion and subjective factors usually play a role in thinking
- d) All adults use post formal thought to solve problems

The correct answer is

- 1) (a)
- 2) (c) & (d)
- 3) (a), (b) & (c)
- 4) All of the above

Answer: The correct option is (3)

(Prescribed Book p134)

QUESTION 34

Peter is in his early twenties. He is of the opinion that there is only one solution to a problem and that an answer to a problem can therefore only be right or wrong. He also believes that one can determine right or wrong by applying logical deduction, and that personal experience provides truth.

Peter is applying ___ thinking.

- 1) dialectical
- 2) relativistic
- 3) absolutist
- 4) abstract

Answer: The correct option is (3)

(Prescribed Book p134)

QUESTION 35

Simon and his parents have to negotiate a new curfew for him now that he is a university student. His parents propose that he should be home by midnight. Simon understands that they only want him to be safe and suggests that the curfew moves to 1.00 am but that he checks in with them to assure them of his safety. Which style does Simon's thinking represent?

- 1) Dialectical thinking
- 2) Relativistic thinking
- 3) Problem-finding thinking
- 4) Absolutist thinking

Answer: The correct option is (1)

(Prescribed Book p136)

QUESTION 36

According to Warner Schafer (cited in Louw & Louw, 2009), the intellect is used differently in adulthood. During the stage ___ adults have to apply their acquired knowledge. They have to make important decisions and solutions have to be integrated into a life plan that extends far into the future.

- 1) acquisitive
- 2) responsible
- 3) executive
- 4) achieving

Answer: The correct option is (4)

(Prescribed Book p137)

Stages of adult cognitive development

- Acquisition – acquiring knowledge (childhood and adolescence)

- | | |
|---|----|
| <ul style="list-style-type: none"> • Achieving – young adults apply their acquired knowledge to achieve long term goals • Responsible – applying cognitive skills required in situations involving social responsibility. • Executive – specific skills required in assuming responsibility for others (leaders) • Reorganisational – reorganising one's life, replacing earlier responsibilities with meaningful pursuits for the last part of life. • Reintegration – late adulthood, acquiring information and applying knowledge as a function of interests, attitudes and values. • Legacy leaving – late old age, in anticipation of the end of one's life. | 12 |
|---|----|

QUESTION 37

Granny Govender, 80, instructed her eldest son to help her get her final testament in order. She also summoned her eldest daughter and granddaughter to give them instructions to whom her most valuable possessions must go in event of her death. Considering Schafe's theory of cognitive development, Granny Govender is probably In the ____ stage of cognitive development.

- 1) reorganisational
- 2) reintegrative
- 3) legacy leaving
- 4) responsible

Answer: The correct option is (3)

(Prescribed Book p139)

QUESTION 38

Thabile, 60, has decided to retire. Although she still feels healthy and cognitively able, she is no longer enjoying her job, especially the stress related to it. She has decided to employ her skills in other areas that are more suited to her needs, and in which she can invest the expertise she has gained though her years of employment. According to Baltes and his colleagues (cited in Louw & Louw, 2009), Thabile is managing her cognitive development through ____

- 1) acquisition, reorganisation and reintegration
- 2) selection, optimisation and compensation
- 3) elective selection and loss-based selection
- 4) acquisition, achievement and responsibility

Answer: The correct option is (3)

(Prescribed Book p138)

QUESTION 39

Personality

- a) is which defines a person as a unique individual
- b) is regarded as one's ability to function according to social and cultural expectations
- c) centres around the realisation that one is an independent person who can make decisions
- d) includes the distinctive behaviours, thoughts, emotions, values and interests that are characteristic of the way in which people adapt to life's situations

The correct answer is

- 1) (a)
- 2) (c)

- 3) (a) & (d)
- 4) (b), (c) & (d)

Answer: The correct option is (3)	(Prescribed Book p143)
-----------------------------------	------------------------

QUESTION 40

Debates of personality development on adulthood mainly concern issues of stability and change. Currently, there seems to be a movement towards ___ approaches, which acknowledge that both stability and change are issues in personality development.

- (1) continuity
- (2) discontinuity
- (3) integrated
- (4) divided

Answer: The correct option is (3)	(Prescribed Book p178)
-----------------------------------	------------------------

QUESTION 41

An assumption of ___ models of personality development is that certain 'life tasks' occur in a specific sequence at approximately the same ages common to most members of a population

- (1) integrated
- (2) stage
- (3) trait
- (4) cognitive

Answer: The correct option is (2)	(Prescribed Book p145)
-----------------------------------	------------------------

QUESTION 42

The stages of Erikson's psychosocial theory of personality which are relevant to adult development are:

- (1) Intimacy versus Isolation; Generativity versus stagnation, Integrity versus despair
- (2) Identity versus Identity confusion, Intimacy versus Isolation, Generativity versus stagnation, Integrity versus despair
- (3) Intimacy versus Isolation, Industry versus Inferiority, Generativity versus stagnation, Integrity versus despair
- (4) Basic trust versus mistrust, Autonomy versus shame and doubt, Initiative versus guilt, Industry versus inferiority

Answer: The correct option is (2)	(Prescribed Book p148)
-----------------------------------	------------------------

QUESTION 43

According to Erikson's theory, the main challenge during young adulthood is to

- (1) realise that one is an independent person who can make decisions
- (2) develop a willingness to try new things and to handle failure
- (3) develop a lasting, integrated sense of self
- (4) commit to another in a loving relationship

Answer: The correct option is (4)

(Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 44

According to Erikson's theory, the main challenge during middle adulthood is to

- (1) develop a willingness to try new things and to handle failure
- (2) to commit to another to a loving relationship
- (3) View one's life as satisfactory and worth living
- (4) contribute to the younger generation through family or productive work

Answer: The correct option is (4)

(Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 45

According to Erikson's theory, the resolution of the crisis of Integrity versus despair lies in the synthesis of

- 1) love
- 2) care
- 3) wisdom
- 4) Will-power

Answer: The correct option is (3) (Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 46

According to Robert Peck (cited in Louw & Louw, 2009) Erikson's theory did not adequately address the physical, psychosocial and social changes during adulthood. He proposed the following psychosocial crises characteristics of middle adulthood:

- Ego-differentiation versus work role preoccupation
- Wisdom versus physical power
- Socialising versus sexualising
- Emotional flexibility versus emotional impoverishment

The correct answer is:

- (b) & (c)
- (a), (b) & (c)
- (b), (c) & (d)
- All of the above

Answer: The correct option is (3) (Prescribed Book p149)

Peck's additional 7 adulthood crises

- Wisdom vs. Physical power (middle adulthood)
- Socialising vs. sexualising (middle adulthood)
- Emotional flexibility vs. emotional Impoverishment (middle adulthood)
- Cognitive flexibility vs. cognitive rigidity (middle adulthood)
- Ego differentiation vs. work role preoccupation (late adulthood)
- Body transcendence vs. body preoccupation (late adulthood)
- Ego transcendence vs. ego preoccupation (late adulthood)

QUESTION 47

George Valliant and his co-workers (Cited In Louw & Louw, 2009) proposed an additional stage between Erikson's sixth and seventh stages, which they call _____. During this stage, adults focus on the establishment of a career and family life

- generativity versus stagnation
- career consolidation versus self-absorption
- ego transcendence versus ego preoccupation

(4) keeping the meaning versus rigidity

16

Answer: The correct option is (2) (Prescribed Book p150)

Valliant's additional 2 stages of adulthood

- Career consolidation vs self-absorption (between Erikson's 6th and 7th stage)
- Keeping the meaning vs. rigidity (between Erikson's 7th and 8th stage)

QUESTION 48

By analysing longitudinal data from several studies, Costa and McCrae (cited in Louw & Louw, 2009) indicated the following with regard to personality development during adulthood.

- a) The middle period was found to be a period of personality instability
- b) Remarkable consistency and stability were found in all five personality dimensions of the Five Factor Model.
- c) Stability was verified by the spouses of the research participants
- d) Personality showed differential stability

The correct answer is-

- 1) (a)
- 2) (b) & (c)
- 3) (b), (c) & (d)
- 4) All of the above

Answer: The correct option is (3)

(Prescribed Book p161)

QUESTION 49

When studying intra-individual changes in personality, one investigates the

- (1) changes in a group's average personality scores over time
- (2) changes in an individual's personality traits over time
- (3) stability of individuals' rank order over time
- (4) cross-cultural differences in personality

Answer: The correct option is (2)

(Prescribed Book p163)

Difference between inter- and intra-individual changes

- Inter-individual changes – changes in a group's average scores over time
- Intra-individual changes – changes in an individual's personality over time

QUESTION 50

Personality stability may be the result of ____ which occurs when a specific trait is reinforced because of its consequence on behaviour.

- 1) differential stability
- 2) cumulative consistency
- 3) gene-environment correlations
- 4) interactional consistency

Answer: The correct option is (2)

(Prescribed Book p163)

QUESTION 51

The ____ approaches to personality development emphasise the perception or interpretation of people's experience. These approaches include models of ____ and ____.

- (1) Identity, cognitions, the self-concept
- (2) trait, stability, change
- (3) stage; crisis; transitions identity,
- (4) cognitive, the self-concept; identity

Answer: The correct option is (4)

(Prescribed Book p166)

QUESTION 52

A model of the self-concept developed by Markus and colleagues (Cited in Louw & Louw, 2009) is the concept of possible selves. This includes "____" which represent what people would like to become, and "____" which represent what people do not want to become.

- (1) future selves, past selves
- (2) present selves, temporal selves
- (3) hoped-for selves; feared-selves
- (4) future selves, current selves

Answer: The correct option is (3)

(Prescribed Book p166)

QUESTION 53

Which of the following statements regarding possible selves is/are true?

- a) possible selves motivate people to set and achieve goals to fulfil their hoped-for possible selves and to avoid the feared possible selves
- b) possible selves tend to remain stable and are measurable with psychological tests
- c) possible selves may change in response to efforts at personal growth or to facilitate adaptation to new roles across the life span
- d) possible selves relate to varying levels of maturation, cognition and socio-cultural changes

The correct answer is:

- 1) (d)
- 2) (a), (b) & (c)
- 3) None of the above
- 4) All of the above

Answer: The correct option is (4)

(Prescribed Book p167-169)

QUESTION 54

Declines in self-esteem in old age may be related to

- a) the number of changes that the elderly have to deal with
- b) deep rooted feelings of low self-worth
- c) an acceptance of their faults and limitations which contributed to a more humble and balanced view of the self
- d) Interpersonal relationships and employment experiences

The correct answer is

- 1) (a) & (c)
- 2) (b) & (d)
- 3) (a), (b) & (c)
- 4) All of the above

Answer: The correct option is (1)

(Prescribed Book p170-172)

18

QUESTION 55

According to Whitbourne's (Cited In Louw & Louw, 2009) identity process theory, people perceive their experiences in terms of their ___ and ___.

- (1) cognitions, self-esteem
- (2) cognitions, self-schemas
- (3) Identity, concept of the self
- (4) Identity; possible selves

Answer: The correct option is (3)

(Prescribed Book p173)

QUESTION 56

Maria, 60 years old, has been a famous singer for most of her life. She has increasingly begun to notice that she is struggling to reach the higher notes and that she does not have the stamina to perform anymore. Maria acknowledged the fact that 'she is not a young as she used to be' and initially reduced the number of her performances, but after a while decided to rather use her talents and experience to coach younger singers. Maria is exhibiting:

- 1) Identity accommodation
- 2) Identity balance
- 3) Identity assimilation
- 4) an identity threshold experience

Answer: The correct option is (4)

(Prescribed Book p174)

QUESTION 57

The concept of ___ forms an integral part of personality development. In African culture it refers to the realization of the person of his or her duties in the community such as hospitality, generosity, compassion and respect.

- (1) personhood
- (2) complex Interdependence
- (3) Ubuntu
- (4) collectivism

Answer: The correct option is (3)

(Prescribed Book p181)

QUESTION 58

The ___ perspective conceptualises the social development of adults in terms of the sequence of role transitions, such as marriage and childbearing. The ___ perspective on the other hand, refers to the sequence of age-linked transitions associated with normative development that are embedded in social contexts and history.

- (1) lifecycle; lifecourse
- (2) timing of transitions; linked lives
- (3) lifecourse; lifecycle
- (4) linked lives; timing of transitions

Answer: The correct option is (1)

(Prescribed Book p187)

QUESTION 59

Which of the following statements regarding intimate adult relationships are true?

- a) Intimacy means establishing closeness with another person
- b) Intimacy occurs in any relationship in which there is an emotional bond, such as between family members and friends
- c) Intimacy implies the fusion of two identities, but also means that the other person is given the freedom to remain an individual
- d) Intimacy develops through reciprocal self-disclosure

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p189)

QUESTION 60

According to the assortative mating theory of partner selection, people are initially attracted to each other because of high salient and visible characteristics such as

- (1) personality differences
- (2) similarity in values, attitudes and beliefs
- (3) personality similarity
- (4) differences in values, attitudes and beliefs

Answer: The correct option is (2)

(Prescribed Book p193)

QUESTION 61

According to the socio-emotional selectivity theory of social network formation, the goal of ___ is most important during young adulthood whilst ___ is most important during later adulthood

- (1) attachment formation, cognitive enhancement
- (2) Information seeking, emotion regulation
- (3) Intimacy, Information seeking
- (4) social exchange, reciprocity

Answer: The correct option is (2)

(Prescribed Book p199)

QUESTION 62

The pattern of marital satisfaction which is characterised by the following a high level of satisfaction in the early years, a decline when children are born and raised, and an increase after the children have left the home, is referred to as the of marital satisfaction

- (1) companionate hypothesis
- (2) lifecycle
- (3) upswing hypothesis
- (4) unique character

Answer: The correct option is (3)

(Prescribed Book p210)

QUESTION 63

Which of the following statements regarding parenthood and parenting are true?

- a) Children often rescue an unhappy marriage
- b) Parents' adjustment to the parental role involves personal and social aspects, while the characteristics of the child also play a role
- c) Children can play a role in the development of adults
- d) The decision to have children may be complicated and involves the weighing up of the many benefits of having children on the one hand and the possible drawbacks on the other

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p225)

QUESTION 64

Different friendship styles have been identified in adulthood. Adults who follow the ___ friendship style enjoy interaction with others, but do not have a close relationship with anyone. Adult who follow the ___ friendship style have a small circle of friends to whom they are attached and who they regard as very important

- (1) peripheral, gregarious
- (2) independent, reciprocal
- (3) gregarious; discerning
- (4) Independent; discerning

Answer: The correct option is (4)

(Prescribed Book p240)

Friendship styles in adulthood

- Independent – enjoy interaction with others, but do not have a close relationship with anyone.
- Discerning – small circle of friends – very attached to them
- Gregarious – close friendships with many people, some close friends and some for company they enjoy. Optimistic about forming new friendships.

QUESTION 65

Factors that may contribute to adults' moral reasoning are

- a) Identity development
- b) post-formal operational thinking
- c) life experiences
- d) cognitive-moral conflicts
- e) responsibility for the welfare of others

The correct answer is:

- (1) (a), (b) & (c)
- (2) (c), (d) & (e)

- (3) (a), (b), (d) & (e)
 (4) All of the above

Answer: The correct option is (4) (Prescribed Book p251)
 Factors that contribute to adult moral reasoning

- Postformal operational thinking
- Life experiences
- Cognitive-moral conflicts
- Responsibility and welfare of others

QUESTION 66

Rowe and Kahn (cited In Louw & Louw, 2009) presented a definition of successful ageing which has been widely accepted. The components that contribute to successful ageing according to this definition are.

- a) freedom from age-related mental disorders.
- b) freedom from disease and disease related disability
- c) active engagement in social and productive activities
- d) financial freedom and independence
- e) high mental and physical functioning

The correct answer is.

- (1) (a), (b) & (d)
- (2) (b), (c) & (e)
- (3) (a), (b), (e) & (d)
- (4) All of the above

Answer: The correct option is (2) (Prescribed Book p256)
 Components contributing to successful ageing

- Freedom from disease and disease-related disability
- High mental and physical functioning
- Active engagement in social and productive activities

QUESTION 67

Research has indicated that the following personality characteristics are associated with successful ageing-

- a) a healthy lifestyle and being engaged in life
- b) low hostility level and resilience
- c) a strong sense of meaning and goal directedness
- d) emotional stability, flexibility and extraversion
- e) agreeableness and conscientiousness

The correct answer is:

- (1) (a) & (d)
- (2) (a), (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3) (Prescribed Book p260)

Personality characteristics associated with successful ageing

- Strong sense of meaning
- Emotional stability (low neuroticism)
- Flexibility
- Goal-directedness
- Extraversion
- Low hostility level
- Resilience

QUESTION 68

Which of the following statement regarding loneliness and being alone are true?

- a) Loneliness is the pain of being alone
- b) Aloneness is the joy of being alone.
- c) Being alone may heal, loneliness can hurt
- d) People experience loneliness even when in the company of others
- e) Loneliness is a stable characteristic across the lifespan

The correct answer is:

- (1) (a) & (b)
- (2) (d) & (e)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p270)

QUESTION 69

Death anxiety is related to the fear of ____.

- a) physical suffering, isolation and loneliness
- b) being able to cope with the process of death
- c) non-being, the unknown and punishment
- d) cowardice and humiliation

The correct answer is-

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p292)

Fears related to death anxiety

- Fear of physical suffering
- Fear of isolation and loneliness
- Fear of non-being
- Fear of cowardice and humiliation
- Fear of failing to achieve important goals
- Fear of the impact of death on those that will outlive one
- Fear of punishment and the unknown
- Fear of the death of others

Oct/Nov 2015

23

QUESTION 1

Physical ageing characterised by physical deterioration accelerated by disease, is referred to as ____, typical ageing, primarily characterised by physical deterioration is referred to as ____, and the process of terminal decline that occurs in the period shortly before death, is referred to as ____.

- (1) gradual ageing, functional deterioration, cognitive and emotional deterioration
- (2) secondary ageing, gradual ageing, primary ageing
- (3) primary ageing, secondary ageing, tertiary ageing
- (4) secondary ageing, primary ageing, tertiary ageing

Answer: The correct option is (4)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 2

Susan is 25 years old and has recently lost her husband through death. Because she is already a widow, her ____ age may be regarded as older than that of her peers

- (1) psychological
- (2) emotional
- (3) social
- (4) functional

Answer: The correct option is (3)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 3

Refilwe wants to place her 86 year old mother in a home for the aged. Her mother, however, does not want to go because 'that place IS Just for old people'. This is an example of her mother's

- (1) personal age
- (2) ageless self
- (3) primary age
- (4) secondary age

Answer: The correct option is (1)	(Prescribed Book p7)
-----------------------------------	----------------------

QUESTION 4

The study of the development of adults must always be regarded in terms of the

- (1) deterioration of humans
- (2) context in which they develop
- (3) Increase in urbanization and migration patterns
- (4) gradual ageing of the world population

Answer: The correct option is (2)	(Prescribed Book p8)
-----------------------------------	----------------------

QUESTION 5

Which of the following principles reflect the assumption of the life-span developmental perspective?

- a) Development is a combination of gains and losses

- b) Development shows plasticity
- c) Development is multidisciplinary
- d) Development is uni-dimensional and unidirectional

The correct answer is:

- (1) All of the above
- (2) (a) & (d)
- (3) (b) & (c)
- (4) (a) , (b) & (c)

Answer: The correct option is (4)

(Prescribed Book p16-17)

QUESTION 6

Developmental influences resulting from events which most people in a specific culture experience at the same time, are referred to as ____, whilst random or rare events that may influence a specific Individual, but are not experienced by most people, are referred to as ____.

- (1) normative history-graded Influences, non-normative Influences
- (2) normative age-graded Influences, social cultural forces
- (3) life-cycle forces, normative history-graded Influences
- (4) non-normative Influences, Ide-cycle forces

Answer: The correct option is (1)

(Prescribed Book p18-19)

QUESTION 7

The continuity-discontinuity issue in human development relates to the question whether

- a) development occurs quantitatively or qualitatively
- b) development occurs gradually or relatively abruptly
- c) development continuously unfolds or occur in distinct stages where the one stage differs markedly from the next
- d) people change or remain the same over time

The correct answer is:

- (1) (c)
- (2) (d)
- (3) (a), (b) & (c)
- (4) (b), (c) & (d)

Answer: The correct option is (3)

(Prescribed Book p21-22)

(d) refers to the stability-change issue and not the continuity-discontinuity issue, therefore incorrect.

QUESTION 8

The theories of development are based on the assumption that ageing and death are built into the genetic blueprint of all organisms

- (1) free radical
- (2) cross-linking
- (3) random error
- (4) programmed ageing

Answer: The correct option is (4)

(Prescribed Book p48)

25

QUESTION 9

The genetic programming theory of development proposes that ageing is the result of

- a) the ageing of body cells in accordance with a master genetic programme innate to every specific species
- b) the genetic code in the DNA which becomes scrambled and causes that the body's repairing mechanisms cannot keep up
- c) decrease in the ability of cells to divide, the cells deteriorate until the person dies
- d) the shortening of telomeres with each cell division so that the telomeres eventually become so short and contain so little telomerase that cell division cannot continue

The correct answer is:

- (1) All of the above
- (2) None of the above
- (3) (a) & (b)
- (4) (a), (c) & (d)

Answer: The correct option is (4)

(Prescribed Book p48)

(b) Refers to the Free radical theory, therefore incorrect.

QUESTION 10

With the refinement of research methodologies regarding age-related cognitive changes

- (1) It is clear that most human abilities decline progressively after reaching a peak between the ages of 18 and 30
- (2) there are still no simple answers to the question whether cognitions generally decline with age
- (3) It was established that higher cognitive functions decline earlier than wisdom and creativity
- (4) It was proven beyond any doubt that general decline is clearly a part of the ageing picture

Answer: The correct option is (2)

(Prescribed Book p90)

QUESTION 11

Theories attempting to explain the phenomenon of age-related reduction in reaction time are ___ and ___.

- (1) the reduced attentional resources model, the general slowing hypothesis
- (2) the general slowing hypothesis, the age-complexity hypothesis
- (3) the inhibitory deficit model, the neurological approach
- (4) the age-complexity hypothesis, the neurological approach

Answer: The correct option is (2)

(Prescribed Book p94-95)

QUESTION 12

Which of the following statements regarding older adults' information processing abilities are true?

- a) Older adults become increasingly more disadvantaged with age
- b) Older adults do not become more disadvantaged, their abilities only become slower

- c) Older adults need to pay closer attention to their surroundings in order to keep up their Information processing speed
- d) Biological factors, ill health and poor level of education may be related to the decline in processing speed

The correct answer is:

- (1) (b) & (d)
- (2) (a) & (c)
- (3) (a), (c) & (d)
- (4) None of the above

Answer: The correct option is (1)

(Prescribed Book p95)

QUESTION 13

Which of the following statements regarding memory are true?

- a) Different types of memories are stored in different sections of the brain
- b) Memory is a homogeneous skill as everything is memorised in the same way
- c) People's sense of who they are is often defined in terms of their memory
- d) Especially older people feel threatened when they experiences lapses in memory

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p96)

QUESTION 14

The temporary storage of information or events perceived very recently is referred to as ____ which is subdivided into ____ and ____.

- (1) short term memory, working memory, primary memory
- (2) working memory, episodic memory, prospective memory
- (3) primary memory, explicit memory, Implicit memory
- (4) concurrent processing, retrospective memory, semantic memory

Answer: The correct option is (1)

(Prescribed Book p96)

QUESTION 15

Information from long term memory can

- a) never be lost
- b) be lost if It becomes less important
- c) be lost if it is infrequently rehearsed
- d) cause an inhibition deficit in older adults

The correct answer is:

- (1) (a)
- (2) (d)
- (3) (b) & (c)
- (4) (b), (c) & (d)

Answer: The correct option is (3) (Prescribed Book p97)

QUESTION 16

While In the grocery store, Thoko reminds herself that she must get some fruit. Thoko is making use of

- (1) primary memory
- (2) event-based prospective memory
- (3) time-based prospective memory
- (4) retrospective memory

Answer: The correct option is (2) (Prescribed Book p98)

QUESTION 17

Metamemory refers to

- (1) knowledge about how the memory system works
- (2) the length of time over which memories are retained
- (3) the secondary memory system
- (4) the attentional control system

Answer: The correct option is (1) (Prescribed Book p98)

QUESTION 18

Effects of ageing on long-term memory include significant decline in the following types of memory

- (1) retrospective and prospective memories
- (2) semantic and implicit memories
- (3) secondary and tertiary memories
- (4) episodic and explicit memories

Answer: The correct option is (4) (Prescribed Book p100-103)

Type of Memory	Age Effects
Primary memory	None or small to moderate decline
Working memory	Significant decline
Semantic memory	Largely unaffected – encoding less fluent later
Episodic memory	Marked decline
Implicit memory	None to slight decline
Explicit memory	Significant decline
Procedural memory	Insignificant but small decline
Retrospective memory	Some decline
Prospective memory	Event-based unaffected, time-based affected

QUESTION 19

Cattel and Horn proposed a ___ theory of intelligence in which specialized skills were combined, which they called ___ intelligence and ___ intelligence

- (1) hierarchical, pragmatic, mechanical
- (2) triachic, componential, experiential
- (3) dual-component, crystallised, fluid

(4) unitary, specific, general

28

Answer: The correct option is (3) (Prescribed Book p109)

QUESTION 20

Regarding the question whether intelligence changes with age, earlier studies indicated that

- a) Intelligence test scores reached a peak in early adulthood and then started a steady decline around 30 years of age
- b) Intellectual decline was the most dramatic on the verbal levels
- c) Intellectual decline was the most dramatic on the performance scales and already started in the 20s
- d) Intellectual decline follows an inverted classic ageing curve

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) All of the above
- (4) None of the above

Answer: The correct option is (1) (Prescribed Book p110)

QUESTION 21

___ theoretical perspectives of wisdom reflect the beliefs and understanding of wisdom by lay people, while ___ theoretical perspectives are the viewpoints of expert theorists and researchers based on the principals of developmental psychology

- (1) Contextual, procedural
- (2) Implicit, explicit
- (3) Relativistic, factual
- (4) Explicit, Implicit

Answer: The correct option is (2) (Prescribed Book p121)

QUESTION 22

The realisation that there is rarely a perfect solution to a problem reflects the ___ characteristics of wisdom, while the ability to view each person within his or her own framework of values and life goals reflects the ___ characteristics of wisdom

- (1) uncertainty, relativism
- (2) life-span contextualism, relativism
- (3) knowledge of strategies, factual knowledge
- (4) relativism, uncertainty

Answer: The correct option is (1) (Prescribed Book p122)

QUESTION 23

There is ample evidence that diseases accelerate the rate of cognitive decline in later years.

This is referred to as

- (1) the terminal drop
- (2) non-normative ageing
- (3) pathological ageing
- (4) programmed ageing

Answer: The correct option is (3)	(Prescribed Book p129)
-----------------------------------	------------------------

29

QUESTION 24

According to Piaget, thinking changes ___ through a set of four stages that occur in ___ sequence the ___ stage, the ___ stage, the ___ stage and the ___ stage.

- (1) quantitatively, variant, preoperational, sensorimotor, concrete operational, formal operational
- (2) qualitatively, variant, preoperational, sensorimotor, concrete operational, formal operational
- (3) quantitatively, Invariant, formal operational, concrete operational, preoperational, sensorimotor
- (4) qualitatively, Invariant, sensorimotor, preoperational, concrete operational, formal operational

Answer: The correct option is (4)	(Prescribed Book p132)
-----------------------------------	------------------------

QUESTION 25

Piaget believed that the development of intelligence stems from the emergence of increasingly complex structures. This takes place through the principles and processes of

- a) adaptation and organisation
- b) assimilation and accommodation
- c) reorganisation and accumulation
- d) Integration and verification

The correct answer is:

- (1) (d)
- (2) (a) & (b)
- (3) (c) & (d)
- (4) All of the above

Answer: The correct option is (2)	(Prescribed Book p132)
-----------------------------------	------------------------

QUESTION 26

Which of the following statements regarding Piaget's formal operational stage are true?

- a) Formal operational thought is a universal occurrence and is governed by biological maturational processes
- b) The Piagetian conception of formal operational thinking may be inappropriate when applied to older adults because older adults have different concerns than younger adults and they therefore apply their cognitive skills differently
- c) Piaget's contention that formal operational thinking was the end point of cognitive development had serious problems - by the 1970s the concept of formal operations was thought to be too limited
- d) Formal reasoning is often tested on psychometric tests that test for fluid Intelligence – therefore older adults will perform less well

The correct answer is:

- (1) All of the above
- (2) (a), (b), & (c)

- (3) (b), (c) & (d)
 (4) None of the above

Answer: The correct option is (3) (Prescribed Book p133)
 Piaget admitted that formal operations are probably not universal, therefore (a) is incorrect.

QUESTION 27

Post formal thought is characterised by

- abstract, concrete and relativistic thinking
- the integration of emotion and logic
- absolutist, relativistic and dialectical thinking
- wisdom and creativity

The correct answer is:

- (a) & (c)
- (b) & (d)
- (a), (b) & (c)
- All of the above

Answer: The correct option is (3) (Prescribed Book p134)
 Postformal thought is characterised by:

- Absolutist, relativistic and dialectical thinking
- Integration of emotion and logic

QUESTION 28

According to Warner Schafe, the intellect is used differently in adulthood than in childhood. During the ___ stage adults have to apply their acquired knowledge. They have to make important decisions and solutions have to be integrated into a life plan that extends far into the future. During the ___ stage the application of cognitive skills required in situations involving social responsibility is required

- acquisitive, achieving
- achieving, responsible
- responsible, re-organisational
- executive, achieving

Answer: The correct option is (2) (Prescribed Book p137)

QUESTION 29

Paul Baltes proposed a theory of development based on the operation and coordination of three components, namely ____, which refers to the process of specifying a particular pathway of development, ____, which refers to the acquisition, application, coordination and refinement of internal and external means involved in attaining higher levels of functioning, and ____, which refers to the employment of alternative means to maintain functioning

- selection, optimisation, compensation
- acquisition, selection, optimisation
- optimisation, compensation, selection
- acquisition, compensation, optimisation

Answer: The correct option is (1) (Prescribed Book p138)

QUESTION 30

Debates of personality development in adulthood mainly concern issues of stability and change. An assumption of ___ models of personality development is that certain 'life tasks' occur in a specific sequence at approximately the same ages common to most members of a population. According to ___ approaches, both stability and change are issues in personality development.

31

- (1) continuity, trait
- (2) Integrated, continuity
- (3) trait, stage
- (4) stage, Integrated

Answer: The correct option is (4)

(Prescribed Book p145)

QUESTION 31

According to Erikson's theory the resolution of the crisis of generativity versus stagnation lies in the synthesis of and the resolution of the crisis of integrity versus despair lies in the synthesis of

- (1) competence, will-power
- (2) wisdom, care
- (3) care, wisdom
- (4) will-power, competence

Answer: The correct option is (3)

(Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 32

According to Erikson's theory, the main challenge during middle adulthood is to ___ while the main challenge during late adulthood is to ___.

- (1) develop a willingness to try new things and to handle failure, develop a sense that the world is a good and safe place
- (2) to commit to another In a loving relationship, realise that he or she is an independent person who can make decisions
- (3) view one's life as satisfactory and worth living, develop an Integrated sense of self
- (4) contribute to the younger generation through family and productive work, view one's life as satisfactory and worth living

Answer: The correct option is (4) (Prescribed Book p148)			
Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

32

QUESTION 33

According to Robert Peck, Erikson's theory did not adequately address the physical, psychosocial and social changes during adulthood and proposes the following psychosocial crises characteristic of middle adulthood

- a) Cognitive flexibility versus cognitive rigidity
- b) Emotional flexibility versus emotional impoverishment
- c) Socialising versus sexualising
- d) Wisdom versus physical power

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4) (Prescribed Book p149)
--

QUESTION 34

George Valliant and his colleagues proposed an additional stage between Erikson's seventh and eighth stages during which a decrease in questioning takes place as the individual becomes increasingly aware of social-cultural values and the way in which these could be preserved and which they called

- (1) keeping the meaning versus rigidity
- (2) emotional flexibility versus emotional impoverishment
- (3) generativity versus stagnation
- (4) ego transcendence versus ego preoccupation

Answer: The correct option is (1) (Prescribed Book p150)
--

QUESTION 35

Dan McAdams and his colleagues expanded on Erikson's idea of generativity by indicating that

- a) generativity results from the complex interactions between societal and inner forces
- b) generativity can be expressed by adults of all ages

- c) different types of generativity can be identified such as generative concern and generative action
- d) middle-aged and older adults show greater generative preoccupation and generative commitment than younger adults

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p151)

QUESTION 36

The stage approaches to personality development could be evaluated as follows

- a) Stage approaches are valuable because, since they describe the life span of the individual, they are relatively easy to understand
- b) Stage approaches can be criticised because they do not provide for individual differences regarding the ages at which important transitions are reached
- c) Stage approaches provide hope by indicating that individuals undergo certain developments and changes as they become older
- d) Stage approaches can be criticised because of methodological flaws and questionable generalizability

The correct answer is:

- (1) None of the above
- (2) All of the above
- (3) (a) & (d)
- (4) (b) & (d)

Answer: The correct option is (4)

(Prescribed Book p157)

QUESTION 37

A personality trait

- a) can be inferred from a person's pattern of behaviour, feelings, attitudes and habits
- b) is useful in describing, predicting and explaining an individual's behaviour
- c) reflects a person's innate predispositions
- d) is a relatively stable, consistent and enduring characteristic

The correct answer is:

- (1) (d)
- (2) (a) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p158)

QUESTION 38

An initial problem for trait theorists was to decide what the basic personality traits of the human species were. The reason for this was the vast number of traits described in the literature. One way to resolve this was to reduce the number of personality traits to a small number of

- (c) personality dimensions
- (d) personality factors
- (e) basic traits
- (f) personality structures and transitions

The correct answer is:

- (1) None of the above
- (2) (d)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p158-160)

QUESTION 39

The five dimensions of personality incorporated in Costa and McCrae's Five Factor Model are:

- (1) extraversion, neuroticism, openness to experience, agreeableness, conscientiousness
- (2) neuroticism, extraversion, dutifulness, competence and openness to experience
- (3) extraversion, agreeableness, emotional stability, conscientiousness and self-discipline
- (4) neuroticism, psychoticism, extraversion, agreeableness and competence

Answer: The correct option is (1)

(Prescribed Book p160)

QUESTION 40

When studying differential stability in personality, one investigates

- (1) the stability of a group's personality characteristics over time
- (2) the stability of an individual's personality characteristics over time
- (3) the stability of individuals' rank order over time
- (4) the changes in a group's average personality scores over time

Answer: The correct option is (3)

(Prescribed Book p162)

Differential stability – stability of an individual's rank over time.

QUESTION 41

It seems that the issue whether personality changes or remains stable has still not been resolved. It may be a factor of theoretical perspective. According to the contextual perspective, personality traits are ____, and because of ____, personality development is ____.

- (1) formed by cohorts, Interactional processes, never fully completed
- (2) multiply determined, plasticity, an ongoing process
- (3) biologically determined, maturational processes, set in early adulthood
- (4) Interactional, genetics, set in early adulthood

Answer: The correct option is (2)

(Prescribed Book p163)

QUESTION 42

Personality stability may be the result of ____, which occurs when a specific trait is reinforced because of its consequence on behaviour

- (1) cumulative consistency

- (2) Interactional consistence
- (3) gene-environment correlations
- (4) cohort effects

Answer: The correct option is (1) (Prescribed Book p163)

QUESTION 43

People often seek out environments which suit their personalities, and therefore their personalities remain stable. This is referred to as

- (1) differential stability a gene-environment correlation
- (2) cumulative consistency
- (3) Internal consistency
- (4) a gene-environment correlation

Answer: The correct option is (4) (Prescribed Book p164)

QUESTION 44

Which of the following statements are true about the self-concept and self-schemas?

- a) Self-schemas play a role in how we define ourselves
- b) The self-concept consists of various areas or domains
- c) Self-schemas are working models around which behaviour is organised
- d) The self-concept is a fixed entity and resistant to change

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (3) (Prescribed Book p166)
Self-concept is not a fixed entity, therefore (d) is incorrect.

QUESTION 45

A model of the self-concept developed by Markus and his colleagues is the concept of possible selves. This includes ____, which present what people would like to become, and ____, which represent what people do not want to become

- (1) future selves, past selves
- (2) hoped-for selves, feared selves
- (3) present selves, temporal selves
- (4) future selves, current selves

Answer: The correct option is (2) (Prescribed Book p167)

QUESTION 46

Which of the following statements regarding the possible selves is/are true?

- a) Possible selves tend to remain stable and are measurable with psychological tests
- b) Possible selves may change in response to efforts at personal growth or to facilitate adaptation to new roles across the life span
- c) Possible selves often tend to relate to concerns about sexual and interpersonal attractiveness

- d) Possible selves motivate people to set and achieve goals to fulfil their hope-for possible selves and to avoid feared possible selves

The correct answer is:

- (1) (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p167-168)

QUESTION 47

Studies involving mean-level inter-individual analyses indicate that self-concept and self-esteem are stable constructs that show systematic change across the life span. However, intra-individual differences may occur. Factors that could influence an individual's self-concept and self-esteem are:

- a) non-normative factors
- b) interpersonal relationships and employment experiences
- c) sociocultural and socio-historical influences
- d) demographical and contextual factors

The correct answer is:

- (1) (b) & (d)
- (2) (a), (b) & (c)
- (3) None of the above
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p172)

QUESTION 48

Which of the following statements regarding identity is/are true?

- a) It is a genetically determined human characteristic
- b) It refers to a person's sense of self
- c) It is related to personality and the self-concept
- d) It involves a sense of continuity despite changes that may occur

The correct answer is:

- (1) All of the above
- (2) (c)
- (3) (a) & (b)
- (4) (b), (c) & (d)

Answer: The correct option is (4)

(Prescribed Book p172)

QUESTION 49

In identity process theory, the goal of development is optimal adaptation to the environment by establishing ___ between maintaining consistency of the self and changing. In response to experiences

- (1) a balance
- (2) accommodation

- (3) assimilation
- (4) a threshold

Answer: The correct option is (1) (Prescribed Book p173-174)

QUESTION 50

When people accept the fact that they are ageing but do not become fatalistic or preoccupied with any conditions or limitations they have already developed, but at the same time do not live under the illusion that they will be young forever, they exhibit:

- (1) an identity threshold experience
- (2) Identity balance
- (3) Identity assimilation
- (4) Identity accommodation

Answer: The correct option is (2) (Prescribed Book p174)

QUESTION 51

Personality development in the African context can be described In terms of the following three phases of selfhood

- (1) Spiritual selfhood, religious selfhood and individual selfhood
- (2) Ancestral selfhood, possible selfhood and social selfhood
- (3) Social selfhood, ancestral selfhood and spiritual selfhood
- (4) Social selfhood, spiritual selfhood and Interdependent selfhood

Answer: The correct option is (3) (Prescribed Book p182)

QUESTION 52

The ___ perspective conceptualises the social development of adults as a sequence of role transitions, such as marriage and childbearing. The ___ on the other hand, refers to the sequence of age-linked transitions associated with normative development that are embedded in social contexts and history

- (1) linked lives, timing of transitions
- (2) timing of transitions, linked lives
- (3) lifecourse, lifecycle
- (4) lifecycle, lifecourse

Answer: The correct option is (4) (Prescribed Book p187)

QUESTION 53

A relationship based on sexual Intimacy without emotional intimacy is called and may lead to

- (1) an empty relationship, confused feelings
- (2) fatuous love, loneliness
- (3) a genital relationship, total Isolation
- (4) a consummate relationship, marriage

Answer: The correct option is (3) (Prescribed Book p189)

QUESTION 54

Which of the following statements regarding Sternberg's theory of love are true?

38

- a) The ideal love relationship is the one in which all three components are present
- b) Not all three components will be equally strong during the total life span
- c) Qualitative shifts regarding the three components of love will occur over time
- d) Relationships based on only one or two components from the beginning are at risk

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p192)

QUESTION 55

According to the theory of romantic partner selection, close relationships or romances are formed because the persons involved believe that they are getting out of the relationship is proportional to what they are putting into it

- (1) equity
- (2) attachment
- (3) assortative mating
- (4) Social balance

Answer: The correct option is (1)

(Prescribed Book p193)

QUESTION 56

According to the social exchange theory of social networks and social support, ___ reciprocity refers to returning the same type of support within a limited period of time while ___ reciprocity occurs when support is returned through an intermediate party

- (1) generalised, balanced
- (2) Indirect, direct
- (3) balanced, generalised
- (4) direct, indirect

Answer: The correct option is (4)

(Prescribed Book p198)

QUESTION 57

According to the ___ theory of social networks, social contact is motivated by two main goals namely information seeking and emotion regulation

- (1) socio-emotional selectivity
- (2) convoy
- (3) Social capital
- (4) Social exchange

Answer: The correct option is (1)

(Prescribed Book p198)

QUESTION 58

Which of the following factors contributes towards a successful marriage?

- a) Youthful age

- b) Perception of equality in the relationship
- c) Absence of conflict
- d) Marriage at a stage when there is more complete identity formation

The correct answer is

- (1) (a)
- (2) (b) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p209)

QUESTION 59

Marital satisfaction

- a) shows both continuity and discontinuity as people grow older
- b) in late adulthood is best predicted by the relationship in early adulthood
- c) according to older adults, generally improves as one grows older
- d) could be challenged or even negatively affected by care-giving to a chronically ill spouse

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p210-211)

QUESTION 60

The phenomenon of cohabitation is increasing world-wide. Reasons for this increase may be

- a) decreased parental authority resulting in the crumbling of traditional norms
- b) changed societal norms, such as more permissive attitudes towards sexuality
- c) changed societal structures such as extended periods of studying
- d) fear of divorce because of bad experiences

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p218-219)

QUESTION 61

Which of the following statements regarding the family are true?

- a) The family is regarded as the fundamental unit in most societies
- b) The form and structure of the family has remained stable throughout the years, it consists of a father, mother and children
- c) The form and structure of the family varies widely across cultures and within cultures
- d) The family is a dynamic institution which adapts to changes in social, economic and political circumstances

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (b) & (d)
- (4) (a), (c) & (d)

Answer: The correct option is (4) (Prescribed Book p221)
The form and structure of the family varies widely, therefore (b) is incorrect.

QUESTION 62

Different friendship styles have been identified in adulthood. Adults who follow the ___ style usually form close relationships with many people while adults who follow the ___ friendship style have a small circle of friends to whom they are attached

- (1) gregarious, discerning
- (2) Independent, peripheral
- (3) reciprocal, Independent
- (4) peripheral, discerning

Answer: The correct option is (1) (Prescribed Book p240-241)

QUESTION 63

Retirement from work is one of the major life course transitions.in late adult life. People who adjust well to retirement may

- a) not have a fear of retirement because of social contacts and other interests
- b) have made a voluntary decision to retire and may have made the necessary preparations
- c) have resources such as the necessary finances, health care and a good marital relationships
- d) have reached a peak in their careers shortly before retirement

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (3) (Prescribed Book p247)

QUESTION 64

Factors that may contribute to adults' moral development are

- a) Identity development
- b) life experiences
- c) educational level
- d) cognitive-moral conflicts

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)

(4) All of the above

41

Answer: The correct option is (3)

(Prescribed Book p251)

QUESTION 65

Which of the following personality characteristics are associated with successful ageing?

- a) A low hostility level and resilience
- b) Emotional stability, flexibility and extraversion
- c) Determination to stay youthful for longer
- d) Availability of social resources and social interaction

The correct answer is:

- (1) (a)
- (2) (a) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p260)

Only (a) and (b) are listed in the prescribed textbook as characteristics here. Therefore (1) and (2) are both incorrect. (3) is also incorrect, since (a) is not listed. Therefore, my best guess is that there is either a typing error, or it would be safe to choose (4)

QUESTION 66

Serious psychological dependency among the elderly is mostly associated with their

- a) emotional functioning
- b) cognitive functioning
- c) physical illness
- d) lack of resources

The correct answer is:

- (1) All of the above
- (2) (a) & (b)
- (3) (b) & (d)
- (4) (b), (c) & (d)

Answer: The correct option is (2)

(Prescribed Book p265)

The question refers to psychological dependency, therefore (c) and (d) are incorrect.

QUESTION 67

Which of the following statements regarding loneliness are true?

- a) Loneliness is a major problem of late adulthood
- b) Financial security can combat the feelings of loneliness
- c) living with a partner and experiencing feelings of closeness may lower the rates of loneliness
- d) Loneliness mostly effect elderly of an extreme advanced age

The correct answer is:

- (1) (a) & (b)
- (2) (b) & (c)
- (3) (a), (c) & (d)

(4) All of the above

42

Answer: The correct option is (2)	(Prescribed Book p270)
-----------------------------------	------------------------

QUESTION 68

Which of the following reflect the findings regarding life-satisfaction across the life span?

- a) Older adults experience greater life satisfaction than younger adults
- b) Young adults experience greater life satisfaction because they peak in cognitive, physical and emotional functioning
- c) Life satisfaction is a subjective experience and varies from person to person
- d) Life satisfaction peaks in early adulthood, reaches a minimum during middle adulthood and peaks again in later adulthood

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (c) & (d)
- (4) None of the above

Answer: The correct option is (3)	(Prescribed Book p271)
-----------------------------------	------------------------

QUESTION 69

Kubler-Ross's theory of the stages of dying has been criticized for

- a) falling to include hope
- b) falling to include cultural differences
- c) over-generalising the experience of death
- d) Identifying five stages in dealing with death

The correct answer is:

- (1) (a), (b) & (c)
- (2) (a), (c) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (1)	(Prescribed Book p296)
-----------------------------------	------------------------

QUESTION 70

Grief

- a) should be dealt with mainly on a cognitive level in order to avoid further emotional trauma
- b) is a normal or common response to a loss
- c) can refer to the response to social or symbolic losses, and can be experienced on a psychological, social and physical level
- d) inevitably leads to depression and feelings of hopelessness

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (2)	(Prescribed Book p302)
-----------------------------------	------------------------

43

May/June 2016

QUESTION 1

Primary ageing refers to typical ageing, especially gradual physical deterioration, secondary aging, however, refers to ___ whilst tertiary aging refers to ___.

- (1) cognitive and emotional deterioration, physical deterioration accelerated by disease
- (2) cognitive deterioration, social deterioration
- (3) physical deterioration accelerated by disease or an unhealthy lifestyle, terminal decline that occurs in the period shortly before death
- (4) terminal decline that occurs in the period shortly before death, cognitive and emotional deterioration

Answer: The correct option is (3)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 2

The degree in which a person's role in society meets the expectations and perceptions is referred to as his or her ___ age.

- (1) psychological
- (2) biological
- (3) social
- (4) chronological

Answer: The correct option is (3)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 3

A person's functional age is determined by his or her.

- (1) psychological, biological and social age
- (2) biological, chronological and social age
- (3) social, chronological and psychological age
- (4) None of the above

Answer: The correct option is (1)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 4

Generally speaking, men tend to feel more anxious about growing old and tend to experience themselves more 'old' than is the case with women. This statement is:

- (1) the result of cultural expectations
- (2) true
- (3) related to the different rates at which men and women show symptoms of ageing
- (4) untrue

Answer: The correct option is (4)	(Prescribed Book p18)
-----------------------------------	-----------------------

QUESTION 5

Developmental influences resulting from random or rare events that may influence a specific individual, but are not experienced by most people, are referred to as ---, whilst biological,

psychological and socio-cultural forces which are usually associated with chronological age are referred to as ____.

44

- (1) non-normative Influences, normative age-graded Influences
- (2) normative age-graded Influences, Social cultural forces
- (3) non-normative Influences, normative history-graded Influences
- (4) normative age-graded Influences, life-cycle forces

Answer: The correct option is (1)

(Prescribed Book p18-19)

QUESTION 6

The continuity-discontinuity issue relates to the question whether development ____ and the stability-change issue relates to ____.

- (1) the question whether the environment contribute the most to development, the view that people are actively Involved In their development
- (2) the question whether genetics contribute the most to development, the view that people are the products of their environments
- (3) behaviour genetics, quantitative differences In humans
- (4) occurs gradually or relatively abruptly and continuously unfolds or occurs in distinct phases, the question whether people change or remain the same over time

Answer: The correct option is (4)

(Prescribed Book p21-22)

QUESTION 7

The universality-context specific issues in human development refers to

- a) the perspective that all people reflect the same basic developmental processes
- b) the perspective that each environment has its own set of unique procedures that shapes development
- c) the perspective that it is difficult to entangle the major contributory source of development In the case of older adults
- d) the perspective that genetics and the environment contribute relatively to development

The correct answer is:

- (1) (b)
- (2) (a) & (b)
- (3) (c) & (d)
- (4) (a), (b) & (d)

Answer: The correct option is (2)

(Prescribed Book p22-23)

QUESTION 8

According to the ____ perspective, human behaviour results from biological or environmental forces upon which the individual passively reacts. Development is seen as ____ and ____ in nature.

- (1) organismic, discontinuous, qualitative
- (2) interactionist, multidirectional, multidimensional
- (3) mechanistic, organismic, interactionist
- (4) mechanistic, continuous, quantitative

Answer: The correct option is (4)

(Prescribed Book p23)

QUESTION 9

Ettiene is researching the Social Interaction of late adults who live In an old age home. He works as a volunteer at the home and at the same time makes notes of the inhabitants' interactional patters. This form of data gathering is called

- (1) naturalistic observation
- (2) structured observation
- (3) reaction observation
- (4) hypothetical observation

Answer: The correct option is (1)

(Prescribed Book p28)

QUESTION 10

Nhlanhla wants to determine whether the physical activity of elderly people is related to their life satisfaction. She uses questionnaires to measure the activity level as well as the satisfaction with life of a number of elderly people. Nhlanhla uses a. research design

- (1) meta-analytical
- (2) case-study
- (3) correlational
- (4) experimental

Answer: The correct option is (3)

(Prescribed Book p31)

QUESTION 11

The genetic programming theory proposes that ageing is the result of

- a) unplanned changes In the organism over time
- b) the ageing of body cells In accordance with a master genetic programme innate to every specific species
- c) a decrease in the ability of cells to divide, the cells deteriorate until the person dies
- d) the shortening of telomeres with each cell division so that the telomeres eventually become so short and contain so little telomeres that cell division cannot continue

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p48-49)

QUESTION 12

Most theories of ageing are ___ based, because the most popular assumption is that ageing has a ___ basis and that ___ ageing is also more prominent than other forms of ageing.

- (1) socially, cultural, social
- (2) biologically, biological, physical
- (3) psychologically, emotional, psychological
- (4) cognitively; Intellectual; cognitive

Answer: The correct option is (2)

(Prescribed Book p48)

QUESTION 13

Which of the following viewpoint(s) regarding the ageing process are proposed by the programmed ageing theories?

- a) The length of life is genetically determined
- b) Ageing is a result of the accumulation of 'insults' from the environment which eventually reach a level incompatible with life.
- c) Molecular changes cause cells to age and lose their ability to divide and reproduce
- d) Ageing is programmed to start after the reproductive ability ends

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p48)

QUESTION 14

According to the free radical theory of ageing, free radicals

- a) damage the DNA of normal cells
- b) attack the structure of the cell membranes
- c) cause a decrease in glucose levels in the brain which results in neurogenesis
- d) cause the body's genetic code to scramble

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p50)

QUESTION 15

Menopause refers to the period in a woman's life when

- a) she nears the middle 50s
- b) some women experience hot flushes and night sweating
- c) the hormonal cycle changes and ovaries secrete less estrogenic
- d) some women feel irritable and emotionally unstable

The correct answer is:

- (1) (a) & (c)
- (2) (a), (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p67-68)

QUESTION 16

According to the ____, slower reaction time reflects a decline in the functioning of the nervous system and according to ____, the complexity of a task affects how quickly people respond to a stimulus

- (1) neurological hypothesis, general slowing hypothesis
- (2) age-complexity hypothesis, neurological hypothesis
- (3) inhibitory deficit model, reduced attentional resources model
- (4) general slowing hypothesis, age-complexity hypothesis

Answer: The correct option is (4)

(Prescribed Book p94-95)

QUESTION 17

Working memory refers to the ____ and primary memory refers to the ____.

- (1) ability to remember what still needs to be done, recall and recognition of information
- (2) recall and recognition of Information, ability to remember what still needs to be done
- (3) active processing and manipulation of Information, passive retention of information
- (4) passive retention of Information, active processing and manipulation of Information

Answer: The correct option is (3)

(Prescribed Book p96)

QUESTION 18

Megan is a new student on campus. In order to get to the various lecture halls, she makes use of a map. Which system(s) is/are involved in this cognitive process?

- a) Short term memory
- b) Central executive
- c) Long-term memory
- d) Retrospective memory

The correct answer is:

- (1) (d)
- (2) (a) & (b)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (2)

(Prescribed Book p96-97)

QUESTION 19

Information in the long term memory

- a) can be lost if it becomes less important
- b) relates to a person's motivation to remember certain information
- c) can never be lost
- d) can be lost if it is infrequently rehearsed

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p97)

48

QUESTION 20

The recall of information from the distant past is referred to as

- a) remote memory
- b) prospective memory
- c) retrospective memory
- d) primary memory

The correct answer is:

- (1) (a)
- (2) (c)
- (3) (a) & (c)
- (4) (b) & (d)

Answer: The correct option is (3)

(Prescribed Book p97)

QUESTION 21

Which of the following statements are true regarding autobiographical memory in late adulthood?

- a) Older people give poorer quality responses in autobiographical memory tests
- b) The decline in autobiographical memory is probably related to declines in working and fluid memory.
- c) Autobiographical memories are usually accurate because they reflect the individual person's experience
- d) Autobiographical memories have a functional use for older people

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (b) & (d)
- (4) (b), (c) & (d)

Answer: The correct option is (3)

(Prescribed Book p100-101)

QUESTION 22

Which of the following statements regarding metamemory and memory self-efficacy are true?

- a) Findings regarding memory self-efficacy seem to be conflicting
- b) Older adults seem to have better metamemory skills than younger adults
- c) A typical developmental pattern regarding memory self-efficacy seems to be low expression in adolescence, and increase in early adulthood, a peak in mature adulthood and a minor decline in later years
- d) A person's perception of his or her memory ability may be related to personality factors and self-perceptions

The correct answer is:

- (1) (a)
- (2) (b)
- (3) (a), (c) & (d)
- (4) (b), (c) & (d)

Answer: The correct option is (3)

(Prescribed Book p103-104)

49

QUESTION 23

Faye, 70 years old, makes use of lists to help her remember activities and events. She therefore makes use of coping strategies.

- (1) external
- (2) cognitive
- (3) Internal
- (4) Instrumental

Answer: The correct option is (4)

(Prescribed Book p104)

QUESTION 24

Crystallised intelligence as proposed in the theory of Cattell and Horn (cited in Louw & Louw, 2009) refers to ____, whilst fluid intelligence refers to ____.

- (1) Intelligence as a function of education and culturally based experiences, intellectual abilities largely due to the functioning of the central nervous system
- (2) the verbal and informational abilities that were learned at school and through culturally based experiences, the ability to solve problems for which there are no solutions derivable from formal education
- (3) Intellectual abilities largely due to the functioning of the central nervous system, Intelligence as a function of education and culturally based experiences
- (4) the ability to solve problems for which there are no solutions derivable from formal education; the verbal and informational abilities that were learned at school and through culturally based experiences

Answer: The correct option is (2)

(Prescribed Book p109)

QUESTION 25

Findings from longitudinal studies regarding age-related decline in intelligence indicated

- (1) that no real decline occurred
- (2) that a slight decline did occur as from the age of 40 years
- (3) a decline resembling the classic ageing curve
- (4) an overall decline in intelligence after retirement

Answer: The correct option is (3)

(Prescribed Book p110)

QUESTION 26

According to Baltes and his co-workers (Cited in Louw & Louw, 2009), wisdom consists of the following characteristics

- a) Implicit and explicit knowledge about many things
- b) Creativity and expertise
- c) Life-span contextualism, relativism and uncertainty
- d) Factual knowledge and knowledge about strategies and procedures.

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (c)

(4) All of the above

50

Answer: The correct option is (2)	(Prescribed Book p122)
-----------------------------------	------------------------

QUESTION 27

Research on expertise during adulthood

- a) Indicates that expert performance tends to be maintained as people age, with only slight declines in the older age groups
- b) Indicates that older adults are most often experts in all areas of their performance
- c) suggests that younger adults outperform older adults on many information processing tasks and therefore gain more expertise than older adults
- d) suggests that expertise is strongly associated with crystallised abilities

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (1)	(Prescribed Book p120)
-----------------------------------	------------------------

QUESTION 28

The process of encapsulation

- a) May challenge the idea of a general slowing of cognitive processes in later life
- b) reflects the fact that due to experience, knowledge in adulthood becomes increasingly more specialised
- c) is unique to adult cognitive development and is quite different from cognitive development in childhood which is more genetically driven
- d) reflects the lesser role of age-related neurological development and the increased role of knowledge and experience

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4)	(Prescribed Book p121)
-----------------------------------	------------------------

QUESTION 29

A person who considers multiple contexts for problems and dilemmas, exhibits the ___ characteristics of wisdom, while the person who obtains information, gives timely advice and analyses the impact of a decision on immediate and future consequences, exhibits the ___ characteristics of wisdom

- (1) relativism, uncertainty
- (2) life-span contextualism, factual knowledge
- (3) factual knowledge, knowledge about strategies and procedures
- (4) life-span contextualism, knowledge about strategies and procedures

Answer: The correct option is (4)	(Prescribed Book p122)
-----------------------------------	------------------------

QUESTION 30

Some research findings indicate that creativity peaks before age 40 and declines from age 60. However, this is a generalised finding, not a universal truth, because

- a) creative output may vary across disciplines
- b) the best predictor of a person's creative output is the person's past creative productivity rather than age
- c) creative output is linked not to age but to having a strong personality
- d) individuals who generate the largest number of works, rather than a person's age, have the greatest chance of creating a masterpiece

The correct answer is:

- (1) (a)
- (2) (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p126-127)

QUESTION 31

According to Piaget the development of intelligence stems from the emergence of increasingly complex structures which takes place through the principles and processes of ___ and ___.

- a) dialectical thinking, logic
- b) adaptation, organisation
- c) reorganisation, accumulation
- d) assimilation; accommodation

The correct answer is:

- 1) (a) & (c)
- 2) (b) & (d)
- 3) (a), (b) & (d)
- 4) All of the above

Answer: The correct option is (2)

(Prescribed Book p132)

QUESTION 32

Due to Criticisms against Piaget's conception of formal operational thought, a group of theorists, referred to as the ___, believed that cognitive growth takes place beyond formal operational thinking. This type of thinking was termed ___.

- (1) post-Piagetians, postformal thought
- (2) neo-Piagetians, postformal thought
- (3) neo-Piagetians, dialectical thought
- (4) post-Piagetians, relativistic thought

Answer: The correct option is (2)

(Prescribed Book p133)

QUESTION 33

Which of the following statements regarding post formal thought are true?

- a) Post formal thought proposes that emotion and subjective factors usually play a role in thinking.

- b) Post formal thought proposes that ambiguity and contradiction are the rule rather than the exception
- c) Post formal thought is often tested on psychometric tests that test fluid Intelligence
- d) Post formal thought is characterised by a recognition that the truth varies from situation to situation and that solutions must be realistic to be reasonable

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p134)

QUESTION 34

Simon is in his twenties. He strongly holds the opinion that there is only one solution to a problem and that an answer to a problem can only be right or wrong. He also believes that one can determine right or wrong by applying logical deduction, and that personal experience provides truth. Simon is applying thinking

- (1) absolutist
- (2) abstract
- (3) dialectical
- (4) relativistic

Answer: The correct option is (1)

(Prescribed Book p134)

QUESTION 35

Sylvia, 63 years old, approaches interpersonal problems by listening to the other person's point of view. Her motto in approaching problems is that the other person's experience may be different from hers, and therefore she cannot impose her own experience onto the other person. Rather than trying to generate all possible solutions she tends to find solutions on pragmatic, emotional and social grounds. Sharon therefore applies ___ in her thinking style

- (1) a dialectical approach
- (2) a relativistic approach
- (3) an Integration of relativistic and dialectical thought
- (4) an Integration of emotion and logic

Answer: The correct option is (1)

(Prescribed Book p134)

QUESTION 36

According to Warner Schafer (cited in Louw & Louw, 2009), the intellect is used differently in adulthood. During the ___ stage adults have to apply their acquired knowledge. They have to make important decisions and solutions have to be integrated into a life plan that extends far into the future

- (1) responsible
- (2) executive
- (3) achieving
- (4) acquisitive

Answer: The correct option is (3)

(Prescribed Book p136)

QUESTION 37

Granny Skosana, 80, instructed her eldest son to help her get her final testament in order. She summoned her eldest daughter and granddaughter to give them instructions to whom her most valuable possessions must go to in the event of her death. Considering Schafe's theory of cognitive development, Granny Skosana is probably in the ___ stage of cognitive development

- (1) reorganisational
- (2) responsible
- (3) legacy leaving
- (4) reintegrative

Answer: The correct option is (3)

(Prescribed Book p137)

QUESTION 38

Angelo, 61 years old, has decided to relinquish his position as head of his department. He is of the opinion that this position can be adequately filled by a younger colleague. He is also no longer interested in the administrative work required by such a position, but would like to pursue another interest that of writing novels. Considering Shale's theory of adult cognitive development, Angelo is probably in the ___ stage of development

- (1) responsible
- (2) executive
- (3) reorganisational
- (4) reintegrative

Answer: The correct option is (3)

(Prescribed Book p137)

QUESTION 39

Janice, 58, has decided to retire. Although she still feels healthy and cognitively able, she is no longer enjoying her job, especially the stress related to it. She has decided to employ her skills in other areas that are more suited to her needs, and in which she can invest the expertise she has gained through her years of employment. According to Baltes and his colleagues (cited in Louw & Louw, 2009), Janice is managing her cognitive development through

- (1) selection, optimisation and compensation
- (2) acquisition, reorganisation and reintegration
- (3) elective selecting and loss-based selection
- (4) acquisition, achievement and responsibility

Answer: The correct option is (3)

(Prescribed Book p138)

QUESTION 40

Personality

- a) Includes the distinctive behaviours, thoughts, emotions, values and interests that are characteristic of the way in which people adapt to life's situations
- b) centres around the realisation that one is an independent person who can make decisions
- c) is regarded as one's ability to function according to social and cultural expectations.
- d) Is which defines a person as a unique individual

The correct answer is:

- (1) (a)

- (2) (c)
- (3) (a) & (d)
- (4) (b), (c) & (d)

Answer: The correct option is (3) (Prescribed Book p143)

QUESTION 41

An assumption of ___ models of personality development is that certain 'life tasks' occur in a specific sequence at approximately the same ages common to most members of a population

- (1) cognitive
- (2) stage
- (3) trait
- (4) integrated

Answer: The correct option is (2) (Prescribed Book p145)

QUESTION 42

The principle In Erikson's theory (cited In Louw & Louw, 2009) states that each developmental crisis unfolds from the previous stage according to a predestined order, which implies that all the opposing poles are present throughout life

- (1) synthesis
- (2) crisis
- (3) opposing pole
- (4) epigenetic

Answer: The correct option is (4) (Prescribed Book p146)

QUESTION 43

According to Erikson's theory, the main challenge during young adulthood is to

- (1) realise that one is an Independent person who can make decisions
- (2) develop a willingness to try new things and to handle failure
- (3) develop a lasting, integrated sense of self
- (4) commit to another in a loving relationship

Answer: The correct option is (4) (Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 44

According to Erikson's theory, the resolution of the crisis of generativity versus stagnation lies in the synthesis of

- (1) love
- (2) care
- (3) competence
- (4) Wisdom

Answer: The correct option is (2) (Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 45

According to Robert Peck (cited In Louw & Louw, 2009) Erikson's theory did not adequately address the physical, psychosocial and social changes during adulthood. He proposed the following psychosocial crises characteristics of middle adulthood

- a) Emotional flexibility versus emotional Impoverishment
- b) Socialising versus sexualising
- c) Cognitive flexibility versus cognitive rigidity
- d) Wisdom versus physical power

The correct answer is:

- (1) (a) & (c)
- (2) (a), (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4) (Prescribed Book p149)

QUESTION 46

The stage approaches to personality development during adulthood could be evaluated as follows.

- (1) Stage approaches can be criticised because they do not provide for individual differences regarding the ages at which important transitions are reached
- (2) Stage approaches can be criticised because they describe the life span of the individual which makes the theories difficult to understand

- (3) Stage approaches are valuable since the models provide generalised views of personality development during adulthood
- (4) Stage approaches are valuable since they adhere to sound methodological research methods

Answer: The correct option is (1) (Prescribed Book p157)

QUESTION 47

By analysing longitudinal data from several studies, Costa and McCrae (Cited In Louw & Louw, 2009) indicated the following with regard to personality development during adulthood

- a) Personality was especially indicated after age 30
- b) Remarkable consistency and stability were found in all five personality dimensions of the Five Factor Model
- c) Stability was verified by the spouses of the research participants
- d) Personality showed differential stability

The correct answer is:

- (1) (a)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4) (Prescribed Book p161)

QUESTION 48

When studying inter-individual changes in personality, one investigates the

- (1) changes in an individual's personality scores over time
- (2) changes in a group's average personality scores over time
- (3) cross cultural differences in personality
- (4) stability of individuals' rank order over time

Answer: The correct option is (2) (Prescribed Book p163)

QUESTION 49

It seems that the issue whether personality changes or remains stable has not been resolved. It may be a factor of theoretical perspective. For example, according to the contextual perspective, personality traits are ____, and because of ____, personality development is

- (1) multiply determined, plasticity, an ongoing process
- (2) biologically determined, maturational processes, set in early adulthood
- (3) formed by cohort effects, interactional processes, never fully completed
- (4) interactional, biological processes, set in middle adulthood

Answer: The correct option is (1) (Prescribed Book p163)

QUESTION 50

People seek out environments which suit their personalities, and therefore their personalities remain stable. This is referred to as

- (1) interactional consistency
- (2) cumulative consistency
- (3) a gene-environmental correlation
- (4) differential stability

Answer: The correct option is (3)	(Prescribed Book p164)	57
-----------------------------------	------------------------	----

QUESTION 51

A model of the self-concept developed by Markus and his colleagues (Cited in Louw & Louw, 2009), is the concept of possible selves. This includes ____, which represent what people would like to become, and ____, which represent what people do not want to become

- (1) future selves, past selves
- (2) hoped-for selves, feared selves
- (3) present selves, temporal selves
- (4) future selves, current selves

Answer: The correct option is (2)	(Prescribed Book p167)
-----------------------------------	------------------------

QUESTION 52

Research on the identity process theory indicated that

- a) adults who use both identity balance and healthy identity assimilation seem to have higher self-esteem than people who use identity accommodation
- b) the ability to integrate age-related changes into one's identity and maintain a positive view of oneself seems to be crucial for successful ageing
- c) Identity assimilation and identity balance are higher in young adulthood, while identity accommodation is higher in older adulthood
- d) Identity assimilation and identity balance are higher in older adulthood, while identity accommodation is higher in young adulthood

The correct answer is:

- (1) (a)
- (2) (c)
- (3) (b) & (d)
- (4) (a), (b) & (d)

Answer: The correct option is (4)	(Prescribed Book p175)
-----------------------------------	------------------------

QUESTION 53

One characteristic of adult personal relationships is intimacy. Which of the following statements regarding intimacy are true?

- a) The young adult may experience a conflict between the desire to be committed to someone and to remain Independent
- b) The young adult may experience a conflict between the desire to be committed to someone and to retain his or her newly acquired personal identity
- c) Many young adults form relationships based on sexual intimacy without emotional Intimacy
- d) The development of intimacy during early adulthood is a fairly easy task

The correct answer is:

- (1) (c) & (d)
- (2) (a), (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (2) (Prescribed Book p189-190)
 The development of intimacy during early adulthood is a difficult task, therefore (d) is incorrect.

58

QUESTION 54

Which of the following statements regarding Sternberg's theory of love are true?

- a) The ideal love relationship is the one in which all three components of love are present
- b) Not all three components of love will be equally strong during the total life span
- c) Qualitative shifts regarding the three components of love will occur over time
- d) Relationships based on only one or two components of love from the beginning are at risk

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (4) (Prescribed Book p191-192)

QUESTION 55

According to the ___ theory of romantic partner selection, close relationships or romances are formed because the persons involved believe that they are getting out of the relationship is proportional to what they are putting into it

- (1) equity
- (2) attachment
- (3) assortative mating
- (4) social balance

Answer: The correct option is (1) (Prescribed Book p193)

QUESTION 56

According to the attachment theory, people construct representations of themselves and other people, which are referred to as

- (1) linked lives
- (2) agency
- (3) internal working models
- (4) attachment history

Answer: The correct option is (3) (Prescribed Book p195)

QUESTION 57

According to the ___ theory of social networks, people constantly evaluate their relationships based on the comparability of their support exchanges

- (1) socio-emotional selectivity
- (2) convoy
- (3) social capital
- (4) social exchange

Answer: The correct option is (4) (Prescribed Book p198)

QUESTION 58

According to the socio-emotional selectivity theory of social network formation, a balance between the goals of ___ and ___ is Important during middle adulthood

59

- (1) attachment, Intimacy
- (2) Information seeking, emotion regulation
- (3) cognitions, emotions
- (4) reciprocity; Social exchange

Answer: The correct option is (2)

(Prescribed Book p198)

QUESTION 59

Marital satisfaction

- a) shows both continuity and discontinuity as people grow older
- b) In late adulthood is best predicted by the relationship in early adulthood
- c) according to older adults, generally improves as one grows older
- d) In older adulthood could remain at the same level of dissatisfaction than experienced In younger adulthood, although the negative expression of emotions can be more controlled

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p211)

QUESTION 60

The phenomenon of cohabitation is increasing world-wide. Reasons for this increase may be

- a) that it is often regarded as a trial marriage
- b) changed societal norms, such as more permissive attitudes towards sexuality
- c) that it is regarded as a more flexible, free and egalitarian relationship than marriage
- d) more legal rights due to legal reforms

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p218-219)

QUESTION 61

Which of the following statements regarding the family are true?

- a) The family is regarded as the fundamental unit on most societies
- b) The family is regarded as the building block of communities and the source of Individual development
- c) The form and structure of the family varies widely across cultures and within cultures
- d) The family is a dynamic institution which adapts to changes in social, economic and political circumstances

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p221-222)

QUESTION 62

Different friendship styles have been identified in adulthood. Adults who follow the ___ style have a small circle of friends to whom they are attached while adults who follow the ___ friendship style enjoy interaction with others, but do not have a close relationship with anyone

- (1) discerning, independent
- (2) independent, peripheral
- (3) reciprocal, Independent
- (4) peripheral, discerning

Answer: The correct option is (1)

(Prescribed Book p240)

QUESTION 63

Retirement from work is one of the major life course transitions in late adult life. People who adjust well to retirement may

- a) have reached a peak in their careers shortly before retirement
- b) have made a voluntary decision to retire and may have made the necessary preparations
- c) have resources such as the necessary finances, health care and a good marital relationships
- d) not have a fear of retirement because of social contacts and interests outside of their work

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p247)

QUESTION 64

Factors that may contribute to adults' moral development are

- a) identity development
- b) wisdom
- c) educational level
- d) cognitive-moral conflicts

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)

(4) All of the above

61

Answer: The correct option is (1)	(Prescribed Book p251)
-----------------------------------	------------------------

QUESTION 65

The basic assumption(s) of the continuity theory regarding social activity and psychological well-being is/are

- a) that the uniqueness of an individual and his or her situation should be the main focus, and not just activity per se
- b) that older adults would have more life satisfaction if they are more socially active
- c) that older adults should replace old roles with new ones to achieve a sense of well-being
- d) that social activity leads to longevity and better quality of life

The correct answer is:

- (1) (a)
- (2) (a) & (d)
- (3) (b) & (c)
- (4) All of the above

Answer: The correct option is (1)	(Prescribed Book p268)
-----------------------------------	------------------------

QUESTION 66

Which of the following statements regarding loneliness are true?

- a) Loneliness is a major problem of late adulthood
- b) Financial security can combat the feelings of loneliness
- c) More women than men report feeling lonely
- d) Living with a partner and experiencing feelings of closeness may lower the rates of loneliness

The correct answer

- (1) (a) & (c)
- (2) (a), (c) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)	(Prescribed Book p270)
-----------------------------------	------------------------

QUESTION 67

The inhabitants of the Golden Years retirement home are treated by the staff and their own family as 'children' who have no say in their daily lives, who cannot do anything for themselves and who cannot make decisions regarding their own lives. This has caused these elderly people to lose their motivation to engage in any type of independent behaviour. This is most probably the result of

- (1) an external locus of control
- (2) a self-fulfilling prophecy
- (3) their flexibility
- (4) learned helplessness

Answer: The correct option is (2)	(Prescribed Book p262)
-----------------------------------	------------------------

QUESTION 68

According to Erikson (cited in Louw & Louw, 2009), individuals have greater peace of mind concerning their own deaths when they have mastered all their life crises. According to him, these people have attained ___ and will experience ___ death anxiety

- (1) ego integrity, lower
- (2) ego Identity, lower
- (3) despair, higher
- (4) self-actualisation, lower

Answer: The correct option is (1)

(Prescribed Book p293)

QUESTION 69

According to Kubler-Ross (in Louw & Louw, 2009) people who experience grief or who are dying

- a) experience all five stages of grief and dying
- b) proceed through the stages sequentially
- c) always experience feelings of life regret
- d) have to express even their most negative feelings In order to feel relief

The correct answer is:

- (1) (a)
- (2) (d)
- (3) (b) & (c)
- (4) (a), (c) & (d)

Answer: The correct option is (2)

(Prescribed Book p296)

QUESTION 70

Grief

- a) should be dealt with on a cognitive level
- b) can refer to the response to social or symbolic losses, and can be experienced on a psychological, social and physical level
- c) most often leads to depression and feelings of hopelessness
- d) is a normal or common response to loss

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (2)

(Prescribed Book p302)

Oct/Nov 2016

63

QUESTION 1

Physical ageing characterised by physical deterioration accelerated by disease, is referred to as ____, typical ageing, primarily characterised by physical deterioration is referred to as ____, and the process of terminal decline that occurs in the period shortly before death, is referred to as ____.

- (1) primary ageing, secondary ageing, tertiary ageing
- (2) gradual ageing, functional deterioration, cognitive and emotional deterioration
- (3) tertiary ageing, ageing, gradual ageing, primary ageing
- (4) secondary ageing, primary ageing, tertiary ageing

Answer: The correct option is (4)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 2

Sipho, 20 years old, underwent the initiation ceremonies dictated by his culture. He has therefore reached his age

- (1) psychological
- (2) cultural
- (3) biological
- (4) chronological

Answer: The correct option is (2)	(Prescribed Book p6)
-----------------------------------	----------------------

QUESTION 3

Lufuno, a 67 year old woman states that her body can't keep up with her personality. She still feels 30 years old. This is an example of Lufuno's

- (1) personal age
- (2) ageless self
- (3) primary age
- (4) secondary age

Answer: The correct option is (1)	(Prescribed Book p7)
-----------------------------------	----------------------

QUESTION 4

The statistical study of human populations concerning factors such as age, gender, race, ethnicity, social class, education, income, marriage, family structure, crime, births and deaths, is related to the

- (1) deterioration of humans
- (2) Increase in urbanization and migration patterns
- (3) demographical context
- (4) gradual ageing of the world population

Answer: The correct option is (3)	(Prescribed Book p8)
-----------------------------------	----------------------

QUESTION 5

Which of the following principles reflect the assumption of the life-span developmental perspective?

- a) Development is a combination of gains and losses

- b) Development shows plasticity
- c) Development is multidisciplinary
- d) Development is multidimensional and multidirectional

The correct answer is:

- (1) All of the above
- (2) (a) & (d)
- (3) (b) & (c)
- (4) (a), (b) & (c)

Answer: The correct option is (1)	(Prescribed Book p16-17)
-----------------------------------	--------------------------

QUESTION 6

Developmental influences resulting from random or rare events that may influence a specific individual, but are not experienced by most people, are referred to as ___ while developmental influences resulting from biological, psychological and socio-cultural forces and which are usually associated with chronological age, are referred to as ___.

- (1) normative history-graded influences, non-normative Influences
- (2) normative age-graded influences, social cultural forces
- (3) life-cycle forces, normative history-graded influences
- (4) non-normative influences, normative age-graded influences

Answer: The correct option is (4)	(Prescribed Book p18-19)
-----------------------------------	--------------------------

QUESTION 7

The stability-change issue in human development relates to the question whether

- a) development occurs quantitatively or qualitatively
- b) people change or remain the same over time
- c) development continuously unfolds or occur in distinct stages where the one stage differs markedly from the next
- d) people are the products of their environments

The correct answer is:

- (1) (b)
- (2) (d)
- (3) (a), (b) & (c)
- (4) (b), (c) & (d)

Answer: The correct option is (1)	(Prescribed Book p21)
-----------------------------------	-----------------------

QUESTION 8

According to the perspective, human behaviour results from biological or environmental forces upon which the individual passively reacts. Development is seen as ___ and ___ in nature

- (1) organismic, discontinuous, qualitative
- (2) mechanistic, organismic, interactionist
- (3) Interactionist, multidirectional, multidimensional
- (4) mechanistic, continuous, quantitative

Answer: The correct option is (4)	(Prescribed Book p23)
-----------------------------------	-----------------------

QUESTION 9

The genetic programming theory of development is an example of the class of theories

- (1) random error
- (2) cross-linking
- (3) programmed ageing
- (4) wear and tear

Answer: The correct option is (3)

(Prescribed Book p48)

QUESTION 10

With the refinement of research methodologies regarding age-related cognitive changes

- a) the pessimistic view regarding general cognitive decline has largely been challenged
- b) there are still no simple answers to the question whether cognitions generally decline with age
- c) It has been proven without doubt that cognitive abilities remain intact for much longer than was previously believed
- d) the controversy regarding whether there is general decline or not, still continues

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p90)

QUESTION 11

According to the ____, slower reaction time reflects a decline in the functioning of the nervous system

- (1) neurological hypothesis
- (2) age-complexity hypothesis
- (3) Inhibitory deficit model
- (4) general slowing hypothesis

Answer: The correct option is (4)

(Prescribed Book p94)

QUESTION 12

Which of the following statements regarding older adults' information processing abilities are true?

- a) Biological factors, ill health and poor level of education may be related to the decline in processing speed
- b) Older adults do not become more disadvantaged, their abilities only become slower
- c) Older adults need to pay closer attention to their surroundings in order to keep up their information processing speed
- d) Older adults become increasingly more disadvantaged with age

The correct answer is:

- (1) (d)
- (2) (a) & (b)

- (3) (a), (b) & (d)
 (4) (b), (c) & (d)

Answer: The correct option is (2) (Prescribed Book p95)

QUESTION 13

Which of the following statements regarding memory are true?

- The memory span consists of primary memory and working memory
- Different types of memories are stored in different sections of the brain
- People's sense of who they are is often defined in terms of their memory
- Especially older people feel threatened when they experiences lapses In memory

The correct answer is:

- (a) & (d)
- (b) & (c)
- (b), (c) & (d)
- All of the above

Answer: The correct option is (3) (Prescribed Book p96)

The memory span consists of Long Term Memory (LTM) and Short Term Memory (STM)
 The Short Term Memory (STM) consists of primary memory and working memory.
 Therefore (a) is incorrect.

QUESTION 14

The short-term memory system is controlled by ___ which is responsible for deciding how to allocate resources to specific operations

- the central executive
- the primary memory system
- concurrent processing
- the retrospective executive

Answer: The correct option is (1) (Prescribed Book p97)

QUESTION 15

___ memory refers to memories for events of personal experience, while ___ refers to memories of facts

- Explicit, implicit
- Prospective, retrospective
- Recall, recognition
- Episodic, semantic

Answer: The correct option is (4) (Prescribed Book p97)

QUESTION 16

While Thoko is taking notes in class, her pen dries up. She makes a mental note to go to the book store after class to buy another pen. Thoko is making use of ___

- primary memory
- event-based prospective memory
- time-based prospective memory
- retrospective memory

Answer: The correct option is (3)

(Prescribed Book p98)

QUESTION 17

Which of the following statements are true about metamemory?

- a) It refers to a person's knowledge about how the memory system works
- b) It influences a person's judgement regarding his or her memory competence
- c) It influences a person's confidence in his or her memory abilities
- d) It affects the strategies a person develops in order to remember

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p98)

QUESTION 18

Effects of ageing on long-term memory include insignificant to moderate decline in the following types of memory

- a) episodic, explicit and prospective memories
- b) semantic and implicit memories
- c) retrospective, prospective and procedural memories

The correct answer is:

- (1) (a)
- (2) (b)
- (3) (c)
- (4) All of the above

Answer: The correct option is ()

(Prescribed Book p102-103)

Question 19

Paul Bates expanded on Cattell and Horn's dual component theory of intelligence to include the ___ and ___ of intelligence

- (1) hierarchies, components
- (2) mechanics, pragmatics
- (3) crystallization, fluidity
- (4) logistics, mathematics

Answer: The correct option is (2)

(Prescribed Book p110)

QUESTION 20

Early studies regarding age-related change in intelligence showed a classic ageing ____, which indicated that intelligence test scores rose to a peak in early adulthood and started to decline around age 30. They also indicated a classic ageing ____ which indicated a dramatic early decrease on the ____ scales (which measure the ability to solve problems) and a decrease on the ____ scales (which measure a person's knowledge base somewhat later)

- (1) pattern, curve, verbal, performance
- (2) curve, patterns, performance, verbal
- (3) pattern, curve, performance, verbal
- (4) curve, pattern, verbal, performance

Answer: The correct option is (3)

(Prescribed Book p110)

QUESTION 21

____ theoretical perspectives of wisdom reflect the beliefs and understanding of wisdom by lay people, while ____ theoretical perspectives are the viewpoints of expert theorists and researchers based on the principles of developmental psychology

- (1) Contextual, procedural
- (2) Explicit, Implicit
- (3) Relativistic, factual
- (4) Implicit, explicit

Answer: The correct option is (4)

(Prescribed Book p121)

QUESTION 22

The realisation that there is rarely a perfect solution to a problem reflects the ____ characteristics of wisdom, while the ability to view each person within his or her own framework of values and life goals reflects the ____ characteristics of wisdom

- (1) relativism, uncertainty
- (2) knowledge of strategies; factual knowledge
- (3) life-span contextualism, relativism
- (4) uncertainty, relativism

Answer: The correct option is (4)

(Prescribed Book p122)

QUESTION 23

Which of the following statements regarding the factors that influence cognitive development in adulthood are true?

- a) Social factors such as a lengthy marriage to an intelligent spouse and complexity of workplace environment contribute to the maintenance of cognitive functioning
- b) Chronological age may be a good indicator of age-related decline in later years
- c) Personality factors, cultural stereotypes and lifestyle factors may influence cognitive development positively or negatively
- d) Losses in visual and auditory acuity may affect mental efficiency

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)

- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p129-130)

QUESTION 24

According to Piaget, thinking changes ___ through a set of four stages that occur in ___ sequence the ___ stage, the ___ stage, the ___ stage and the ___ stage

- (1) quantitatively, variant, preoperational, sensorimotor, concrete operational, formal operational
- (2) qualitatively, variant, preoperational, sensorimotor, concrete operational, formal operational
- (3) quantitatively, invariant, formal operational, concrete operational, preoperational, sensorimotor
- (4) qualitatively, invariant, sensorimotor, preoperational, concrete operational, formal operational

Answer: The correct option is (4)

(Prescribed Book p132)

QUESTION 25

Piaget believed that the development of intelligence stems from the emergence of increasingly complex structures. This takes place through the principles and processes of ___.

- (a) reorganisation and accumulation
- (b) assimilation and accommodation
- (c) adaptation and organisation
- (d) Integration and verification

The correct answer is:

- (1) (b) & (c)
- (2) (a), (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (1)

(Prescribed Book p132)

QUESTION 26

Which of the following statements regarding Piaget's formal operational stage are true?

- (a) Formal operational thought is a universal occurrence and is governed by biological maturational processes
- (b) The Piagetian conception of formal operational thinking may be inappropriate when applied to older adults because older adults have different concerns than younger adults and they therefore apply their cognitive skills differently
- (c) Piaget's contention that formal operational thinking was the end point of cognitive development had serious problems - by the 1970s the concept of formal operations was thought to be too limited
- (d) Formal reasoning is often tested on psychometric tests that test for fluid intelligence – therefore older adults will perform less well

The correct answer is:

- (1) (a) & (c)

- (2) (a), (b), & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3) (Prescribed Book p133)

QUESTION 27

Which of the following statements regarding post formal thought is/are true?

- (a) Post formal thought is characterised by a recognition that the truth varies from situation to situation and that solutions must be realistic to be reasonable
- (b) Post formal thought proposes that ambiguity and contradiction are the rule rather than the exception
- (c) Wisdom and creativity often go hand in hand with post formal thought
- (d) Post formal thought proposes that emotion and subjective factors usually play a role in thinking

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3) (Prescribed Book p133-135)

QUESTION 28

According to Warner Schafe, the intellect is used differently In adulthood than in childhood.

During the ___ stage adults have to apply their acquired knowledge. They have to make important decisions and solutions have to be integrated into a life plan that extends far into the future. During the ___ stage the application of cognitive skills required in situations involving social responsibility is required

- (1) acquisitive, achieving
- (2) achieving, responsible
- (3) responsible, re-organisational
- (4) executive, achieving

Answer: The correct option is (2) (Prescribed Book p136)

QUESTION 29

Paul Baltes proposed a theory of development based on the operation and coordination of three components, namely ___, which refers to the process of specifying a particular pathway of development, ___, which refers to the acquisition, application, coordination and refinement of internal and external means involved In attaining higher levels of functioning, and ___, which refers to the employment of alternative means to maintain functioning

- (1) selection, optimisation, compensation
- (2) acquisition, selection, optimisation
- (3) optimisation, compensation, selection
- (4) acquisition, compensation, optimisation

Answer: The correct option is (1) (Prescribed Book p138)

QUESTION 30

Debates of personality development In adulthood mainly concern issues of stability and change. Currently, there seems to be a movement towards ___ approaches, which acknowledge that both stability and change are issues in personality development.

- (1) continuity
- (2) trait
- (3) stage
- (4) Integrated

Answer: The correct option is (4) (Prescribed Book p143)

QUESTION 31

According to Erikson's theory the resolution of the crisis of identity achievement versus identity confusion lies in the synthesis of ___ and the resolution of the crisis of integrity versus despair lies in the synthesis of ___.

- (1) competence, will-power
- (2) reliability and being sure of one's identity, wisdom
- (3) wisdom, reliability
- (4) Will-power, competence

Answer: The correct option is (2) (Prescribed Book p148)

Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 32

According to Erikson's theory, the main challenge during middle adulthood is to ___ while the main challenge during late adulthood is to ___

- (1) develop a willingness to try new things and to handle failure, develop a sense that the world is a good and safe place
- (2) to commit to another In a loving relationship, realise that he or she is an independent person who can make decisions
- (3) view one's life as satisfactory and worth living, develop an Integrated sense of self
- (4) contribute to the younger generation through family and productive work, view one's life as satisfactory and worth living

Answer: The correct option is (4)		(Prescribed Book p148)	
Psychological Stage	Age	Challenge	Synthesis
Identity vs Identity Confusion	Adolescence	To develop a lasting, integrated sense of self	Reliability
Intimacy vs Isolation	Young Adulthood	To commit to another in a loving relationship	Love
Generativity vs Stagnation	Middle Adulthood	To contribute to younger people, through child rearing, child care or other productive work	Care
Integrity vs Despair	Later Life	To view one's life as satisfactory and worth living	Wisdom

QUESTION 33

According to Robert Peck, Erikson's theory did not adequately address the physical, psychosocial and social changes during adulthood and proposes the following psychosocial crises characteristic of late adulthood

- (a) Ego differentiation versus work role preoccupation
- (b) Wisdom versus physical power
- (c) Body transcendence versus body preoccupation
- (d) Ego transcendence versus ego preoccupation

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p150)

QUESTION 34

George Valliant and his colleagues proposed an additional stage between Erikson's sixth and seventh stages during which adults focus on the establishment of a career and family and which they called ____

- (1) career consolidation versus self-absorption
- (2) ego transcendence versus ego preoccupation
- (3) keeping the meaning versus rigidity
- (4) generativity versus stagnation

Answer: The correct option is (1)

(Prescribed Book p150)

QUESTION 35

Dan McAdams and his colleagues expanded on Erikson's Idea of generativity by indicating that

- (a) generativity results from the complex interactions between age and cognitive forces

- (b) generativity can be expressed by adults of all ages
- (c) different types of generativity can be identified such as generative concern and generative action
- (d) middle-aged and older adults show greater generative preoccupation and generative commitment than younger adults

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p150)

QUESTION 36

The stage approaches to personality development could be evaluated as follows

- (a) Stage approaches are valuable because, since they describe the life span of the individual, they are relatively easy to understand
- (b) Stage approaches can be criticised because they do not provide for individual differences regarding the ages at which important transitions are reached
- (c) Stage approaches provide hope by indicating that individuals undergo certain developments and changes as they become older
- (d) Stage approaches can be criticised because of methodological flaws and questionable generalisability

The correct answer is:

- (1) (a) & (c)
- (2) (a), (b) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p157)

QUESTION 37

A personality trait

- (a) distinguishes one person from another
- (b) can often not be inferred from a person's pattern of behaviour, feelings, attitudes and habits
- (c) is useful in describing, predicting and explaining an individual's behaviour
- (d) is a relatively stable, consistent and enduring characteristic

The correct answer is:

- (1) (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p158)

QUESTION 38

An initial problem for trait theorists was to decide what the basic personality traits of the human species were. The reason for this was the vast number of traits described in the literature. One way to resolve this was to reduce the number of personality traits to a small number of

- (a) personality dimensions
- (b) personality factors
- (c) personality structures and transitions
- (d) basic traits

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p158-160)

QUESTION 39

The five dimensions of personality incorporated in Costa and McCrae's Five Factor Model are

- (1) extraversion, neuroticism, openness to experience, agreeableness, conscientiousness
- (2) neuroticism, extraversion, dutifulness, competence and openness to experience
- (3) extraversion, agreeableness, emotional stability, conscientiousness and self-discipline
- (4) neuroticism, psychoticism, extraversion, agreeableness and competence

Answer: The correct option is (1)

(Prescribed Book p160)

QUESTION 40

When studying interindividual changes in personality, one investigates

- (1) the stability of a group's personality characteristics over time
- (2) the stability of an individual's personality characteristics over time
- (3) the stability of Individuals' rank order over time
- (4) the changes in a group's average personality scores over time

Answer: The correct option is (4)

(Prescribed Book p162)

QUESTION 41

It seems that the issue whether personality changes or remains stable has still not been resolved. It may be a factor of theoretical perspective. According to Costa and McCrae personality traits arise exclusively from biological causes and because of processes, people reach full maturity in

- (1) multidimensional, late adulthood
- (2) maturational, early adulthood
- (3) Interactional, middle adulthood
- (4) Interactional, adolescence

Answer: The correct option is (2)

(Prescribed Book p163)

QUESTION 42

Personality consistency may be the result of ,which occurs because of the immediate social impact of a certain personality style

- (1) cumulative consistency
- (2) interactional consistency
- (3) gene-environment correlations
- (4) differential stability

Answer: The correct option is (2)

(Prescribed Book p164)

QUESTION 43

People often seek out environments which suit their personalities, and therefore their personalities remain stable This is referred to as

- (1) Interactional consistency
- (2) cumulative consistency
- (3) differential stability
- (4) a gene-environment correlation

Answer: The correct option is (4)

(Prescribed Book p164)

QUESTION 44

___ refers to the image or perception we have about ourselves, and the ideas we have about ourselves are called

- (1) Self-esteem, self-concepts
- (2) Possible self, self-schemas
- (3) Self-concept, self-schemas
- (4) Self-schema, possible selves

Answer: The correct option is (3)

(Prescribed Book p166)

QUESTION 45

A model of the self-concept developed by Markus and his colleagues is the concept of possible selves. This includes ___,which present what people would like to become, and ___,which represent what people do not want to become.

- (1) future selves, past selves
- (2) hoped-for selves, feared selves
- (3) present selves, temporal selves
- (4) future selves, current selves

Answer: The correct option is (2)

(Prescribed Book p167)

QUESTION 46

Which of the following statements regarding the physical self are true?

- a) The physical self remains important throughout the lifespan
- b) Age differences in the physical self reflects the needs and behaviours of the specific stage of life
- c) Young adults' hoped-for possible selves concern sexual and Interpersonal attractiveness
- d) Older adults' hoped-for and feared possible physical selves concern Issues such as health, fitness, illness and declines in everyday competence

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p169)

QUESTION 47

Declines in self-esteem in old age may be related to

- a) an acceptance of their faults and limitations which contributes to a more humble and balanced view of the self
- b) sociocultural and socio-historical influences
- c) deep rooted feelings of low self-worth
- d) the number of changes that elderly have to deal with

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (1)

(Prescribed Book p171)

QUESTION 48

Which of the following statements regarding identity development is/are true?

- a) Identity construction has recently emerged as a major task for the second half of life
- b) According to Erikson, identity development is the major task and crisis of adolescence
- c) Identity development is currently viewed as a life-long developmental task
- d) Identity development involves a sense of continuity despite life changes that may occur

The correct answer is:

- (1) (a)
- (2) (b) & (c)
- (3) (a), (b) and (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p172)

QUESTION 49

Research on the identity process theory indicated that

- a) adults who use both identity balance and healthy Identity assimilation seem to have higher self-esteem than people who use identity accommodation
- b) the ability to integrate age-related changes into one's identity and maintain a positive view of oneself seems to be crucial for successful ageing
- c) identity assimilation and identity balance are higher in older adulthood, while identity accommodation is higher In young adulthood
- d) Identity assimilation and identity balance are higher in young adulthood, while identity accommodation is higher in older adulthood

The correct answer is:

- (1) (b)

- (2) (c) & (d)
- (3) (a), (b) & (c)
- (4) (a), (b) & (d)

Answer: The correct option is (3) (Prescribed Book p175)

QUESTION 50

When people accept the fact that they are ageing but do not become fatalistic or preoccupied with any conditions or limitations they have already developed, but at the same time do not live under the illusion that they will be young forever, they exhibit

- (1) an Identity threshold experience
- (2) Identity balance
- (3) Identity assimilation
- (4) Identity accommodation

Answer: The correct option is (2) (Prescribed Book p175)

QUESTION 51

Personality in the African context is regarded as

- (1) a product of cultural interaction
- (2) the product of the interaction between a sense of self through social bonds and a sense of self as a conscious being
- (3) the product of the interaction between a sense of self and ancestral contribution
- (4) a product of self-knowledge in relation to others

Answer: The correct option is (2) (Prescribed Book p181)

QUESTION 52

Bengston and his colleagues defined the principles of the lifecourse perspective of adult development as

- a) linked lives, agency and lifelong processes
- b) commitment, attachment and social networks
- c) culture, choice and complex interdependence
- d) historical time and place and timing of life transitions

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (1) (Prescribed Book p188)

QUESTION 53

A relationship based on sexual intimacy without emotional intimacy is called and may lead to

- (1) an empty relationship, confused feelings
- (2) fatuous love, loneliness
- (3) a consummate relationship, marriage
- (4) a genital relationship, total isolation

Answer: The correct option is (4) (Prescribed Book p189)

QUESTION 54

Which of the following statements regarding intimate adult relationships are true?

- a) Intimacy means establishing closeness with another person
- b) Intimacy occurs in any relationship in which there is an emotional bond, such as between family members and friends
- c) Intimacy implies the fusion of two identities, but also means that the other person is given freedom to remain an individual
- d) Intimacy develops through reciprocal self-disclosure

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p190)

QUESTION 55

Examples of theories that address the issue of whom people fall in love with are

- (1) The triangular theory of love and the attachment theory
- (2) The socio-emotional selectivity theory and the Social exchange theory
- (3) The convoy theory and the social network theory
- (4) The equity theory and the assortative mating theory

Answer: The correct option is (4)

(Prescribed Book p193)

QUESTION 56

Relationships in which the Individuals have personality characteristics have the greatest chance of success

- (1) Similar
- (2) different
- (3) opposite
- (4) Similar as well as different

Answer: The correct option is (1)

(Prescribed Book p193)

QUESTION 57

According to the attachment theory, people construct representations of themselves and other people, which are referred to as

- (1) linked lives
- (2) Internal working models
- (3) agency
- (4) attachment history

Answer: The correct option is (2)

(Prescribed Book p195)

QUESTION 58

The convoy model is a lifespan developmental model of social networks and social support, and is based on the ___ and ___ theories?

- (1) love, intimacy
- (2) equity, role
- (3) role, attachment
- (4) intimacy, attachment

Answer: The correct option is (3)	(Prescribed Book p197)
-----------------------------------	------------------------

79

QUESTION 59**Marital satisfaction**

- a) In older adulthood could remain at the same level of dissatisfaction than experienced In younger adulthood, although the negative expression of emotions can be more controlled
- b) shows both continuity and discontinuity as people grow older
- c) In late adulthood is best predicted by the relationship In early adulthood
- d) according to older adults, generally improves as one grows older

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)	(Prescribed Book p211)
-----------------------------------	------------------------

QUESTION 60

Which of the following statements regarding cohabitation is/are true?

- a) Cohabitation is a good trial marriage arrangement It prepares the couple for marriage
- b) Marriages that involved cohabitation before the time have a greater likelihood of ending in divorce
- c) People who cohabit tend to be less conventional and have less traditional family and religious values
- d) People who cohabit tend to be less committed to a long-term relationship

The correct answer is:

- (1) (a)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)	(Prescribed Book p219)
-----------------------------------	------------------------

QUESTION 61

Which of the following statements regarding the family are true?

- a) The family is regarded as the fundamental unit in most societies
- b) The family is regarded as the building block of communities and the source of Individual development
- c) The form and structure of the family has remained stable throughout the years, It consists of a father, mother and children
- d) The family is a dynamic institution which adapts to changes in social, economic and political circumstances

The correct answer is:

- (1) (a) & (c)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p221-222)

80

QUESTION 62

Different friendship styles have been identified in adulthood. Adults who follow the ___ style have a small circle of friends to whom they are attached and who they regard as very important while adults who follow the ___ friendship style enjoy interaction with others, but do not have a close relationship with anyone

- (1) Discerning, independent
- (2) Independent, peripheral
- (3) reciprocal, Independent
- (4) peripheral, discerning

Answer: The correct option is (1)

(Prescribed Book p240)

QUESTION 63

Retirement from work is one of the major life course transitions in late adult life. People who adjust well to retirement may

- a) have reached a peak in their careers shortly before retirement
- b) not have a fear of retirement because of social contacts and other interests
- c) have made a voluntary decision to retire and may have made the necessary preparations
- d) have been highly achievement orientated during their career

The correct answer is

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (2)

(Prescribed Book p247)

QUESTION 64

Factors that may contribute to adults' moral development are

- a) responsibility for the welfare of other
- b) Identity development
- c) life experiences
- d) educational level

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (c)
- (4) All of the above

Answer: The correct option is (3)

(Prescribed Book p251)

QUESTION 65

Which of the following components are better indicators of successful ageing than traditional measures of health and wellness?

- a) Effective coping skills
- b) Optimism
- c) Freedom from age-related physical illnesses
- d) Availability of social resources and social interaction

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (1)

(Prescribed Book p256)

QUESTION 66

The activity theory regarding psychological well-being has been criticised for

- a) assuming that a higher activity level leads to a better quality of life
- b) not taking into account that perceptions of successful ageing are relative
- c) assuming that older adults' negative reactions to daily hassles relate to their inactivity
- d) not taking causal relationships between social activity and psychological well-being into account

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p268)

QUESTION 67

Some personality factors may play a role in people's experience of loneliness. These are

- a) depression and anxiety
- b) locus of control, submissiveness and a lack of self-confidence
- c) suspiciousness, shyness and self-consciousness
- d) Irritability and negativity

The correct answer is:

- (1) (a) & (d)
- (2) (b) & (c)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (2)

(Prescribed Book p272)

QUESTION 68

Which of the following reflect the findings regarding life-satisfaction across the lifespan?

- a) Older adults experience greater life satisfaction than younger adults
- b) Young adults experience greater life satisfaction because they peak in cognitive, physical and emotional functioning
- c) Life satisfaction is a subjective experience and varies from person to person
- d) There is no difference in the level of life satisfaction between older and younger adults, probably because of the stability of certain personality traits

The correct answer IS

- (1) (a)
- (2) (b)
- (3) (c) & (d)
- (4) (a), (c) & (d)

Answer: The correct option is (4)

(Prescribed Book p271)

QUESTION 69

Kubler-Ross's theory of the stages of dying has been criticised for

- a) failing to include hope
- b) not taking the role of religion into account in her theory
- c) failing to include cultural differences
- d) over-generalising the experience of death

The correct answer is:

- (1) (a) & (b)
- (2) (a), (c) & (d)
- (3) (b), (c) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p296)

QUESTION 70

Risk factors that may contribute to the development of complicated grief are

- a) a highly dependent relationship with the deceased
- b) a sudden, unexpected and violent death
- c) traumatic childhood experiences
- d) personality characteristics such as lack of resilience and adjustability

The correct answer is:

- (1) (a) & (b)
- (2) (c) & (d)
- (3) (a), (b) & (d)
- (4) All of the above

Answer: The correct option is (4)

(Prescribed Book p304)