

Unit 1: Physical and Cognitive Development in Middle Adulthood

| Sr. No. | Questions | Options |
|---------|--|--|
| 1 | _____ a condition in which the bones become brittle, fragile, and thin, often brought about by a lack of calcium in the diet | a) Glaucoma b) Osteoporosis c) presbycusis d) Presbyopia |
| 2 | _____ is a nearly universal change in eyesight during middle adulthood that results in some loss of near vision | a) Glaucoma b) Osteoporosis c) presbycusis d) Presbyopia |
| 3 | _____ is a condition in which pressure in the fluid of the eye increases, either because the fluid cannot drain properly or because too much fluid is produced | a) Glaucoma b) Osteoporosis c) presbycusis d) Presbyopia |
| 4 | _____ is a loss of the ability to hear sounds of high frequency | a) Glaucoma b) Osteoporosis c) presbycusis d) Presbyopia |
| 5 | _____ is the period that marks the transition from being able to bear children to being unable to do so | a) male climacteric b) female climacteric c) presbycusis d) menopause |
| 6 | _____ is the cessation of menstruation | a) male climacteric b) female climacteric c) presbycusis d) menopause |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | |
|----|--|--|
| 7 | _____ is the period of physical and psychological change relating to the male reproductive system that occurs during late middle age | <ul style="list-style-type: none"> a) male climacteric b) female climacteric c) presbycusis d) menopause |
| 8 | _____ is the behavior characterized by competitiveness, impatience, and a tendency toward frustration and hostility | <ul style="list-style-type: none"> a) Type B behavior pattern b) Type A behavior pattern c) Type C behavior pattern d) Type N behavior pattern |
| 9 | _____ is the behavior characterized by noncompetitiveness, patience, and a lack of aggression | <ul style="list-style-type: none"> a) Type B behavior pattern b) Type A behavior pattern c) Type C behavior pattern d) Type N behavior pattern |
| 10 | _____ reflects information processing capabilities, reasoning, and memory | <ul style="list-style-type: none"> a) fluid intelligence b) selective optimization c) expertise d) crystallized intelligence |
| 11 | _____ is the accumulation of information, skills, and strategies that people have learned through experience and that they can apply in problem-solving situations | <ul style="list-style-type: none"> a) fluid intelligence b) selective optimization c) expertise d) crystallized intelligence |
| 12 | _____ is the process by which people concentrate on particular skill areas to compensate for losses in other areas | <ul style="list-style-type: none"> a) fluid intelligence b) selective optimization c) expertise d) crystallized intelligence |
| 13 | _____ is the acquisition of skill or knowledge in a particular area | <ul style="list-style-type: none"> a) fluid intelligence b) selective optimization c) expertise d) crystallized intelligence |
| 14 | _____ are organized bodies of information stored in memory | <ul style="list-style-type: none"> a) Expertise b) Schemas c) selective optimization d) Mnemonics |
| 15 | _____ are | <ul style="list-style-type: none"> a) Expertise |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | |
|----|---|---|
| | formal strategies for organizing material in ways that make it more likely to be remembered | b) Schemas c) selective optimization d) Mnemonics |
| 16 | Reaction time of ___aged people begins to increase gradually, but slower reactions are largely offset in complex tasks by increased skill due to years of task rehearsal. | a) young b) middle c) older d) early |

| Unit 2: Social and Personality Development in Middle Adulthood | | |
|--|--|---|
| Sr. No. | Questions | Options |
| 1 | _____ is the approach to personality development that is based on fairly universal stages tied to a sequence of age-related crises | a) life events models b) generativity-versus-stagnation stage c) normative-crisis models d) midlife crisis |
| 2 | _____ is the approach to personality development that is based on the timing of particular events in an adult's life rather than on age per se | a) life events models b) generativity-versus-stagnation stage c) normative-crisis models d) midlife crisis |
| 3 | _____ according to Erikson, is the stage during middle adulthood in which people consider their contributions to family and society | a) life events models b) generativity-versus-stagnation stage c) normative-crisis models d) midlife crisis |
| 4 | _____ is a stage of uncertainty and indecision brought about by the realization that life is finite | a) empty nest syndrome b) boomerang children c) sandwich generation d) midlife crisis |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | | |
|---|--|--|--|
| 5 | _____ is the experience that relates to parents' feelings of unhappiness, worry, loneliness, and depression resulting from their children's departure from home. | <ul style="list-style-type: none"> a) empty nest syndrome b) boomerang children c) sandwich generation d) midlife crisis | |
| 6 | _____ are young adults who return, after leaving home for some period, to live in the homes of their middle-aged parents | <ul style="list-style-type: none"> a) empty nest syndrome b) boomerang children c) sandwich generation d) midlife crisis | |
| 7 | _____ are couples who in middle adulthood must fulfill the needs of both their children and their aging parents | <ul style="list-style-type: none"> a) empty nest syndrome b) boomerang children c) sandwich generation d) midlife crisis | |
| 8 | _____ is the theory that abuse and neglect of children leads them to be predisposed to abusiveness as adults | <ul style="list-style-type: none"> a) cycle of violence hypothesis b) burnout c) life events models d) normative-crisis models | |
| 9 | _____ is a situation that occurs when workers experience dissatisfaction, disillusionment, frustration, and weariness from the job | <ul style="list-style-type: none"> a) cycle of violence hypothesis b) burnout c) life events models d) normative-crisis models | |

Unit 3: Physical and Cognitive Development in Late Adulthood

| Sr. No. | Questions | Options |
|---------|---|---|
| 1 | _____ are specialists who study aging | a) Gerontologists b) Ageism c) Presbyopia d) Alzheimer's disease |
| 2 | _____ are prejudice and discrimination directed at older people | a) Gerontologists b) Ageism c) Presbyopia d) Alzheimer's disease |
| 3 | _____ is the most common mental disorder of the elderly, it covers several diseases, each of which includes serious memory loss accompanied by declines in other mental functioning | a) Gerontologists b) Ageism c) Presbyopia d) Alzheimer's disease |
| 4 | _____ is a progressive brain disorder that produces loss of memory and confusion | a) Gerontologists b) Ageism c) Presbyopia d) Alzheimer's disease |
| 5 | _____ theories of aging are theories that suggest that our body's DNA genetic code contains a built-in time limit for the reproduction of human cells. | a) genetic programming b) life expectancy c) plasticity d) wear-and-tear |
| 6 | _____ is the average age of death for members of a population | a) genetic programming b) life expectancy c) plasticity d) wear-and-tear |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | |
|---|--|---|
| 7 | ____ theories of aging are theories that the mechanical functions of the body simply wear out with age | <ul style="list-style-type: none"> a) genetic programming b) life expectancy c) plasticity d) wear-and-tear |
| 8 | _____ is the degree to which a developing structure or behavior is susceptible to experience | <ul style="list-style-type: none"> a) genetic programming b) life expectancy c) plasticity d) wear-and-tear |
| 9 | _____ are memories of information about one's own life | <ul style="list-style-type: none"> a) autobiographical memory b) plasticity c) wear-and-tear d) programming |

| Unit 4: Social and Personality Development in Late Adulthood | | |
|--|--|--|
| Sr. No. | Questions | Options |
| 1 | _____ is Erikson's final stage of life, characterized by a process of looking back over one's life, evaluating it, and coming to terms with it | a) ego-integrity-versus-despair stage b) redefinition of self versus preoccupation with work role c) ego transcendence versus ego preoccupation d) body transcendence versus body preoccupation |
| 2 | _____ is the theory that those in old age must redefine themselves in ways that do not relate to their work roles or occupations | a) ego-integrity-versus-despair stage b) redefinition of self versus preoccupation with work role c) ego transcendence versus ego preoccupation d) body transcendence versus body preoccupation |
| 3 | _____ is a period in which people must learn to cope with and move beyond changes in physical capabilities as a result of aging | a) ego-integrity-versus-despair stage b) redefinition of self versus preoccupation with work role c) ego transcendence versus ego preoccupation d) body transcendence versus body preoccupation |
| 4 | _____ the period in which elderly people must come to grips with their coming death | a) ego-integrity-versus-despair stage b) redefinition of self versus preoccupation with work role c) ego transcendence versus ego preoccupation d) body transcendence versus body preoccupation |
| 5 | _____ is the point in life in which people examine and evaluate their lives | a) life review b) age stratification theories c) wisdom d) disengagement theory |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | |
|----|---|---|
| 6 | _____ is the view that an unequal distribution of economic resources, power, and privilege exists among people at different stages of the life course | <ul style="list-style-type: none"> a) life review b) age stratification theories c) wisdom d) disengagement theory |
| 7 | _____ is having expert knowledge in the practical aspects of life | <ul style="list-style-type: none"> a) life review b) age stratification theories c) wisdom d) disengagement theory |
| 8 | _____ is a theory suggesting that late adulthood is marked by a gradual withdrawal from the world on physical, psychological, and social levels | <ul style="list-style-type: none"> a) life review b) age stratification theories c) wisdom d) disengagement theory |
| 9 | _____ is the theory suggesting that successful aging occurs when people maintain the interests, activities, and social interactions with which they were involved during middle age | <ul style="list-style-type: none"> a) activity theory b) continuity theory c) selective optimization d) continuing-care community |
| 10 | _____ is the theory suggesting that people need to maintain their desired level of involvement in society in order to maximize their sense of well-being and self-esteem | <ul style="list-style-type: none"> a) activity theory b) continuity theory c) selective optimization d) continuing-care community |
| 11 | _____ is the process by which people concentrate on selected skill areas to compensate for losses in other areas | <ul style="list-style-type: none"> a) activity theory b) continuity theory c) selective optimization d) continuing-care community |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | |
|----|---|---|
| 12 | _____ is a community that offers an environment in which all the residents are of retirement age or older and need various levels of care | <ul style="list-style-type: none"> a) activity theory b) continuity theory c) selective optimization d) continuing-care community |
| 13 | _____ are settings in which elderly individuals receive care only during the day, but spend nights and weekends in their own homes | <ul style="list-style-type: none"> a) adult day-care b) skilled-nursing facilities c) institutionalism d) elder home |
| 14 | _____ are settings that provide full-time nursing care for people who have chronic illnesses or are recovering from a temporary medical condition | <ul style="list-style-type: none"> a) adult day-care b) skilled-nursing facilities c) institutionalism d) elder home |
| 15 | _____ is a psychological state in which people in nursing homes develop apathy, indifference, and a lack of caring about themselves | <ul style="list-style-type: none"> a) adult day-care b) skilled-nursing facilities c) institutionalism d) elder home |
| 16 | _____ is the physical or psychological mistreatment or neglect of elderly individuals | <ul style="list-style-type: none"> a) adult aggression b) elder rage c) institutionalism d) elder abuse |
| 17 | _____ people may become financially vulnerable because they must cope with rising health-care | <ul style="list-style-type: none"> a) Young b) Elderly c) Middle aged d) Poor |

SEMESTER 4 – DEVELOPMENTAL PSYCHOLOGY -ATKT – QUESTION BANK

| | | |
|----|---|---|
| | expenses and other costs on a fixed income. | |
| 18 | Friendships are important in ____life because they offer personal control, companionship, and social support. | a) Before b) Later c) Early d) After |