

Chapter 01

1. As a human resources director, you are only scheduling interviews with applicants under age 60. This is an example of
 - a. ageism.
 - b. gerontology.
 - c. life-span perspective.
 - d. age effects.

ANSWER: a

2. Believing that all old people are senile is an example of
 - a. a stereotype that could lead to ageism.
 - b. ageism that could lead to discrimination.
 - c. accurate information about aging gathered from social media discussions.
 - d. accurate information based on current research.

ANSWER: a

3. The uniforms for a fast food franchise are designed to fit young adults comfortably. This practice is known as
 - a. contextualism.
 - b. socialization.
 - c. ageism.
 - d. dysthymia.

ANSWER: c

4. Gerontology is
 - a. the same thing as ageism.
 - b. the study of prejudice and discrimination toward the elderly.
 - c. the study of aging.
 - d. the study of how chronic illnesses progress over time.

ANSWER: c

5. A key premise of the life-span perspective is that
 - a. biological changes are the most important.
 - b. events that happen in old age are more important than earlier experiences.
 - c. social changes are the most important.
 - d. aging is a lifelong process that begins at conception and ends at death.

ANSWER: d

Chapter 01

6. Multidirectionality refers to
- development and aging involving both decline and growth.
 - the ability to change and improve abilities over time and with development.
 - the fact that each of us is affected by a variety of factors, both positive and negative.
 - our differing cultural backgrounds.

ANSWER: a

7. Plasticity refers to
- development and aging involving both decline and growth.
 - the ability to change and improve abilities over time and with development.
 - the fact that each of us is affected by a variety of factors, both positive and negative.
 - our differing cultural backgrounds.

ANSWER: b

8. Understanding that development is shaped by biological, psychological, sociocultural, and life-cycle forces defines which feature of the life-span perspective?
- multidirectionality
 - plasticity
 - historical context
 - multiple causation

ANSWER: d

9. According to Baltes et al. (2006) life-span development consists of the dynamic interaction among all of the following factors except
- geographic location
 - growth
 - maintenance
 - loss regulation

ANSWER: a

10. Relative to the population of older European Americans, the number of older ethnic Americans is
- decreasing.
 - increasing.
 - similar.
 - decreasing among women, while increasing among men.

ANSWER: b

Chapter 01

11. Population trends in the United States, specifically the continuing rise in the number of elderly people, are
- unique and specific to the United States.
 - not unique because the population of elderly persons is increasing in most parts of the world.
 - also seen in Africa but not elsewhere in the world.
 - also seen in Europe but not elsewhere in the world.

ANSWER: b

12. Thinning and graying of hair is an example of which force of development?
- life-cycle forces
 - psychological forces
 - biological forces
 - histological forces

ANSWER: c

13. Characteristics that make us individuals, such as perception and emotional factors, are the result of
- life-cycle forces.
 - psychological forces.
 - biological forces.
 - histological forces.

ANSWER: b

14. Together with life-cycle forces, the _____ provides a complete overview of the shapers of human development.
- context-specific approach
 - internal perceptions scaffold
 - biopsychosocial framework
 - genetic forces model

ANSWER: c

15. Which of the following is an example of a normative age-graded influence on development?
- entering kindergarten
 - living during the 9/11 attacks
 - winning the lottery
 - becoming addicted to methamphetamine

ANSWER: a

Chapter 01

16. The age at which one begins their first marriage or retires from a career are
- normative age-graded events.
 - normative history-graded events.
 - normative individual-graded events.
 - nonnormative events.

ANSWER: a

17. Normative history-graded influences are events that
- are unique to each person.
 - occur at a specific age for each person.
 - generally occur around the same age for most people.
 - often give a generation its unique identity.

ANSWER: d

18. The advent of social media internet technology is an example of a
- normative age-graded event.
 - normative history-graded event.
 - normative individual-graded event.
 - nonnormative event.

ANSWER: b

19. The retiring from the world of work at age 35 is an example of a
- normative age-graded event.
 - normative history-graded event.
 - normative individual-graded event.
 - nonnormative event.

ANSWER: d

20. Which of the following is a nonnormative influence on behavior?
- when one's first marriage occurs
 - being a "baby boomer"
 - having a child
 - surviving a natural disaster

ANSWER: d

Chapter 01

21. is extremely important in gerontology because it shapes how people define core concepts such as age, old age, and normative life course.
- The age of the individual
 - Ethnicity
 - Culture
 - Socialization

ANSWER: c

22. Normative age-related developmental changes, such as the slowing of one's reaction time and the loss of family members and friends, are considered
- primary aging.
 - secondary aging.
 - tertiary aging.
 - quaternary aging.

ANSWER: a

23. Developmental changes that are related to disease, lifestyle, and other environmental factors that are not inevitable are termed
- primary aging.
 - secondary aging.
 - tertiary aging.
 - holistic aging.

ANSWER: b

24. Loss of memory due to Alzheimer's disease is an example of
- primary aging.
 - secondary aging.
 - tertiary aging.
 - quaternary aging.

ANSWER: b

25. involves a rapid loss that occurs just before death.
- Primary aging
 - Secondary aging
 - Tertiary aging
 - Pathological aging

ANSWER: c

Chapter 01

26. A resident of an assisted living center experiencing a marked decline in intellectual abilities in the years directly preceding death, known as terminal drop, is an example of which type of aging?
- primary
 - secondary
 - tertiary
 - biopsychosocial

ANSWER: c

27. Denise is 51-years-old. However, posting selfies in a bungee jumping harness to her social media page made her feel much younger than her 51 years. The two types of age described here are
- sociocultural and biological.
 - chronological and perceived.
 - perceived and biological.
 - chronological and biological.

ANSWER: b

28. Measuring the functioning of various vital or life-limiting systems, such as the human sensory system, is an assessment of
- biological age.
 - chronological age.
 - sociocultural age.
 - psychological age.

ANSWER: a

29. The index of age that represents a person's intellectual, memory, or learning ability is called
- biological age.
 - perceived age.
 - sociocultural age.
 - psychological age.

ANSWER: d

Chapter 01

30. A relatively recent term that points to the complexities of understanding the concept of age is “emerging adulthood.” Emerging adulthood is best understood as
- the transition from working life to retired life.
 - the period of time from late adolescence until one’s early to mid-20s.
 - the transition from early to late adolescence.
 - the period of time during which one’s children leave home resulting in an “empty nest.”

ANSWER: b

31. How much of one’s development is influenced by heredity and how much is influenced by experience is referred to as the
- nature-nurture controversy.
 - continuity-discontinuity controversy.
 - stability-change controversy.
 - universal versus context-specific controversy.

ANSWER: a

32. In order to understand a newborn’s future, we must simultaneously consider his or her inborn, hereditary characteristics, and the environmental influences. This is an example of which of the following controversies?
- continuity-discontinuity
 - stability-change
 - longitudinal-sequential
 - nature-nurture

ANSWER: d

33. If we consider whether personality in young adulthood predicts personality in late adulthood, we are concerned with which of the following controversies or issues?
- nature-nurture
 - stability-change
 - continuity-discontinuity
 - quantitative-quantitative

ANSWER: b

Chapter 01

34. Which controversy is a derivative of the stability-change issue and examines whether development occurs as a smooth transition over time or as a series of abrupt shifts?
- a. nature-nurture
 - b. quantitative-qualitative
 - c. continuity-discontinuity
 - d. heredity-environment

ANSWER: c

35. As people age, the speed at which they react decreases. This phenomenon is cited in your textbook as an example of
- a. continuity.
 - b. universality.
 - c. plasticity.
 - d. a cohort effect.

ANSWER: a

36. The belief that one's capacity can be learned or improved with practice is called
- a. age effects.
 - b. plasticity.
 - c. incontinuity.
 - d. instability.

ANSWER: b

37. Understanding the cultural and ethnic differences between !Kung African and European American family structures falls under which controversy?
- a. nature-nurture
 - b. continuity-discontinuity
 - c. stability-change
 - d. universal versus context-specific

ANSWER: d

Chapter 01

38. If you are using a questionnaire to assess memory in older individuals, and each time you administer the questionnaire it produces different results, it can then be said that the measure has low
- representativeness.
 - utility.
 - validity.
 - reliability.

ANSWER: d

39. The degree to which a questionnaire measures what it is supposed to measure is an indication of its
- representativeness.
 - utility.
 - validity.
 - reliability.

ANSWER: c

40. Structured observations differ from naturalistic observations in that they
- use correlations to assess the strength and direction of a relationship.
 - create a situation that is likely to elicit the behavior of choice.
 - sample behaviors of interest in everyday situations.
 - manipulate independent variables to see the effects on dependent variables.

ANSWER: b

41. The main question with the sampling behavior approach is its
- observability.
 - reliability.
 - specificity.
 - validity.

ANSWER: d

42. If the spring semester class of adulthood and aging students filled out questionnaires regarding stereotypes about aging people, the class would be a
- population of people.
 - sample of people.
 - independent variable.
 - dependent variable.

ANSWER: b

Chapter 01

43. You are conducting a study on adult development and aging. Your sample is 25 middle-class European Americans. This brings into question whether your sample is
- representative of the larger population.
 - assessed using reliable measures.
 - biased in their results because they rely on naturalistic observation as opposed to experimental design.
 - biased in their self-reports.

ANSWER: a

44. The experimental design uses all of the following except:
- random sampling
 - manipulating a key factor
 - a control group
 - nonrepresentative sampling

ANSWER: d

45. Which variables are manipulated by the researcher(s) in an experiment?
- dependent variables
 - independent variables
 - codependent variables
 - confounding variables

ANSWER: b

46. In an experiment, which group receives the manipulation?
- the control group
 - the experimental group
 - the sample
 - the population

ANSWER: b

47. Which of the following cannot be an independent variable?
- drug dosage
 - use of memory aids
 - amount of sleep
 - age

ANSWER: d

Chapter 01

48. The reason that most research on aging is not truly experimental is because
- age cannot be measured accurately in most people.
 - most statistical techniques are not able to use age as a variable.
 - age cannot be manipulated, so it cannot be an independent variable.
 - it is hard to get large enough samples to represent different age groups.

ANSWER: c

49. A research design that seeks to determine the nature of the relationship between two variables, such as amount of in-ear headphone use and the prevalence of hearing loss in old age, is called a(n)
- self-report study.
 - observational study.
 - experiment.
 - correlational study.

ANSWER: d

50. If a study concludes that increases in yoga pants purchases are correlated with increases in brain functioning in older adults, what can we assume to be suggested by the study?
- The increased yoga pants purchases caused an increase in brain functioning.
 - The two variables are unrelated.
 - The variables are positively related or correlated.
 - The two variables are inversely or negatively correlated.

ANSWER: c

51. Even if age is positively correlated with speed of cognitive processing, we cannot conclude that age “caused” this increase because
- response speed is not usually affected by age.
 - age normally causes a decrease in cognitive speed.
 - only experimental studies can demonstrate cause and effect relationships.
 - only correlational studies can demonstrate cause and effect relationships.

ANSWER: c

Chapter 01

52. Dr. Grey, a gerontologist, is intensely studying one individual who has shown a remarkable lessening of Alzheimer's symptoms after taking a new drug. This reversal has never before been observed in other individuals. This research design is known as a(n)
- experiment.
 - correlational study.
 - case study.
 - unethical research method.

ANSWER: c

53. While going through her late 40s and early 50s a woman is experiencing menopause. This is an example of a(n)
- age effect.
 - time-of-measurement effect.
 - practice effect.
 - cohort effect.

ANSWER: a

54. The term used to refer to differences caused by experiences and circumstances unique to the generation to which one belongs is known as the
- age effect.
 - time-of-measurement effect.
 - practice effect.
 - cohort effect.

ANSWER: d

55. Being born in the year 2000 is a variable that could produce a(n)
- age effect.
 - time-of-measurement effect.
 - practice effect.
 - cohort effect.

ANSWER: d

56. Testing people's fear of bridges shortly following a well-publicized bridge collapse might produce a(n)
- age effect.
 - time-of-measurement effect.
 - practice effect.
 - cohort effect.

ANSWER: b

Chapter 01

57. Developmental researchers are interested in understanding
- how people change over time.
 - age-related changes.
 - age-related differences or variations.
 - all of these are correct.

ANSWER: d

58. In a design, groups of participants who vary in age are studied at one point in time.
- cross-sectional
 - longitudinal
 - cross-sequential
 - longitudinal-sequential

ANSWER: a

59. Dr. Arthur Itis wants to survey people 21-years-old and 90-years-old to get their opinions concerning national health care. Which research design is Dr. Itis most likely to use?
- cross-sectional
 - longitudinal
 - time-lag
 - sequential

ANSWER: a

60. Dr. Faith Brook wants to survey young adults, middle-aged adults, and older adults on their use of social media. Which research design is Dr. Brook likely to use?
- cross-sectional
 - longitudinal
 - experimental
 - sequential

ANSWER: a

61. Which of the following is **not** a characteristic of cross-sectional research?
- multiple age groups
 - multiple cohorts
 - repeated observations
 - single time-of-measurement

ANSWER: c

Chapter 01

62. A study of 70-year-olds finds that they are more likely to vacation in January than younger individuals. What can be concluded?
- Increased age caused participants to vacation more.
 - Sex of participant is a confounding variable.
 - Since age and cohort are confounding variables, it is not possible to determine whether increased vacations in January are due to age or historical time in which one lived.
 - Time of measurement is a confounding variable.

ANSWER: c

63. You recently read a study in which the researchers concluded that after age 60, women's IQs drop dramatically. This conclusion was based upon comparisons of women born between 1910 and 1930 and women born between 1960 and 1980. Based upon this information, the comment you would most likely make is
- this is not a valid result because men were not included in the study.
 - longitudinal research doesn't work well when looking at IQ over time.
 - cohort effects likely account for the observed differences.
 - whoever conducted this study is negatively biased against older women.

ANSWER: c

64. A commonly used design in adult development and aging research is the extreme age design ("young" vs "old"). Which of the following is a limitation of this type of study?
- the samples are not representative and may not generalize
 - the measures may not mean the same thing across age groups and may not be valid
 - age is not treated as a continuous variable
 - all of these are correct

ANSWER: d

65. In a design, one group of participants is studied repeatedly over a period of time.
- cross-sectional
 - longitudinal
 - cross-sequential
 - longitudinal-sequential

ANSWER: b

Chapter 01

66. Graduate student Patty Hope Davis wants to follow the 2017 class of medical school graduates across the first decade after their graduation. Which research design will Patty most likely use?
- cross-sectional
 - longitudinal
 - time-lag
 - sequential

ANSWER: b

67. A researcher decides to investigate whether there are any significant changes in personality from early adulthood through late adulthood. The researcher begins with a sample of 21-year-olds and plans to follow this group until they are 80 years old. The type of research design is
- cross-sectional.
 - longitudinal.
 - time-lag.
 - sequential.

ANSWER: b

68. Age changes are studied most effectively using a design.
- cross-sectional
 - longitudinal
 - time-lag
 - sequential

ANSWER: b

69. Children in a day care setting, ages 6 to 18 months of age, are participating in a study examining the development of gross and fine motor skills. They are tested each week so that the researchers can observe their progress as it occurs. This type of study is known as
- an experiment
 - a microgenetic study
 - a macrogenetic study
 - a cohort study

ANSWER: b

Chapter 01

70. Practice effects are a major problem with .

- a. cross-sectional designs
- b. longitudinal designs
- c. time-lag designs
- d. sequential designs

ANSWER: b

71. If participants at the end of a longitudinal study tend to be those who were initially higher on some variable, then we have a case of

- a. negative selective survival.
- b. positive selective survival.
- c. elective selective survival.
- d. equally selective survival.

ANSWER: b

72. If the surviving participants in the last wave of testing in a longitudinal study on health and aging are those who initially had the lowest blood pressures, then we have a case of

- a. negative selective survival.
- b. positive selective survival.
- c. elective selective survival.
- d. equally selective survival.

ANSWER: a

73. A research design combines two or more cross-sectional designs.

- a. cross-sequential
- b. longitudinal
- c. cross-sectional
- d. longitudinal sequential

ANSWER: a

Chapter 01

74. A developmental psychologist wants to survey several cohorts of people aged 60-years-old to get their opinions concerning Medicare (e.g., assessing 60-year-olds in 2010, then another group of 60-year-olds in 2015, and yet another in 2020). Which research design is best suited to this task?
- cross-sequential
 - longitudinal-sequential
 - microgenetic
 - cross-sectional

ANSWER: a

75. The career development center at a local university wants to know what will happen to the 2015, 2020, and 2025 classes of gerontology graduates during the decade following their graduation. Which research design will the center most likely use?
- cross-sequential
 - longitudinal
 - time-lag
 - longitudinal-sequential

ANSWER: d

76. An example of a longitudinal-sequential design would be
- measuring two cohorts of people over time.
 - measuring several cross sections of people once.
 - measuring multiple groups of same-aged people.
 - measuring one group of people over time.

ANSWER: a

77. In this type of sequential design, cohort and time-of-measurement effects are examined.
- cross-sequential
 - time-sequential
 - time-lag sequential
 - longitudinal-sequential

ANSWER: d

Chapter 01

78. The procedures used in research to ensure that participants are treated fairly and with care are known as
- ethical principles.
 - psychological principles.
 - psychometrics.
 - debriefing.

ANSWER: a

79. Correlations can range from -1.0 to 1.0, reflecting three different types of relations between study time and number of grocery items from a list that are remembered. Which of the following statement satisfies the condition " $r = 0$ "?
- Study time has no relation to remembering grocery items from a list.
 - As study time increases (or decreases), the number of grocery items remembered also increases (or decreases).
 - When study time increases (or decreases), the number of grocery items remembered decreases (or increases).
 - Study time has relation to remembering items from the list.

ANSWER: a

80. *Confounding* refers to:
- any situation in which one cannot determine which of two or more effects is responsible for the behaviors being observed.
 - any situation in which one can determine which of two or more effects is responsible for the behaviors being observed.
 - any situation in which one cannot determine the behaviors being observed.
 - effects that are responsible for the behaviors being observed.

ANSWER: a

81. Which type of commitment is not possible for most researchers?
- Generating sequential designs.
 - Following many people over long periods of time, generating new samples, and conducting complex data analyses.
 - Fixing the development issues while creating sequential designs.
 - None of these

ANSWER: b

Chapter 01

82. Meta-analysis is _____ .
- a powerful tool as it allows scientists to determine whether a finding generalizes a study.
 - a powerful tool as it allows people to determine whether a finding generalizes across many studies that used different methods.
 - a confusing tool that does not allow people to determine whether a finding generalizes a study.
 - None of these

ANSWER: b

83. What makes research ethical?
- When designing a research study, investigators must do so in a way that does not violate the rights of the people who participate.
 - Local panels of experts and community representatives do not review proposed studies before any data are collected.
 - Scientists can begin their study without receiving approval from an expert panel.
 - None of these

ANSWER: a

84. Professional organizations and government agencies adhere to ethical codes such as 'Minimize risks to research participants' which will specify the rights of research participants and procedures. What does "Minimize risks to research participants" mean?
- Have the least potential for causing harm or stress.
 - During the research, do not seek to avoid any unforeseen stress or harm.
 - Have the substantial potential for causing harm or stress and proceed with the research regardless.
 - None of these

ANSWER: a

85. Results of the participants who participated in the research should be:
- named.
 - published.
 - anonymous.
 - ominous.

ANSWER: c

Chapter 01

86. Which of the following factors may encourage participants to participate in the research?
- participants must be told the purpose of the project.
 - participants must be warned about potential risks or harm.
 - participants must be told whether they are free to discontinue participation at any time without penalty.
 - All of these

ANSWER: d

87. One of the perspectives of life-span development is that people develop within a certain set of circumstances that are determined by the culture in which they were born. This perspective is called:
- Plasticity
 - Multidirectionalism
 - Historical context
 - Multiple causation

ANSWER: c

88. There will be a strain in the healthcare and social service systems because people over the age of ____ are the most rapidly growing segment of the U.S. population.
- 16
 - 85
 - 35
 - 50

ANSWER: b

89. All of the following are historical terms referring to Americans of African ancestry except:
- Caucasian
 - Colored people
 - Negroes
 - Black Americans

ANSWER: a

90. A study in which participants answer questions on topics of interest is called:
- Sequential design
 - Multidirectional testing
 - Plasticity testing
 - Self-reporting

ANSWER: d

Chapter 01

91. When a researcher manipulates a key factor that he thinks is responsible for specific behavior and allocates testing participants according to which factor is tested, the resulting groups are called _____ groups.
- ethnic
 - research
 - experimental
 - None of these are correct.

ANSWER: c

92. What additional evidence would have strengthened K. Werner Schaie's longitudinal study of intellectual abilities over time?
- People who live in different geographical areas would provide evidence as to whether the results are limited geographically.
 - People with different economic backgrounds would provide insight into the effects on intellectual development variables.
 - People with differing levels of access to health care would provide insight on the effects of these variables on intellectual ability over time.
 - All of these

ANSWER: d

93. According to Schaie (1994), how can someone reduce the risk of cognitive decline in old age?
- Remaining cognitively active through lifelong reading and learning.
 - Not treating cardiovascular and other chronic diseases in middle age.
 - Having a rigid and structured lifestyle in middle age.
 - Remaining unmarried throughout life.

ANSWER: a

94. Name the type of investigation design invented by K. Warner Schaie.
- Sequential design
 - Parallel design
 - Disordered design
 - None of these

ANSWER: a

Chapter 01

95. What is the time frame of testing participants in Schaie's sequential design?

- a. Three years
- b. Five years
- c. Seven years
- d. One year

ANSWER: c

96. In the case of a very specific personality trait, such as shyness, you can expect to see _____ over time throughout adulthood.

- a. change
- b. stability
- c. erasure
- d. None of these

ANSWER: b

97. For most gerontologists, whether stability or change is the rule depends on:

- a. what traits you have in your childhood
- b. what other aspects are being considered
- c. what practical perspective one is adopting
- d. what personal aspect is being considered

ANSWER: d

98. Life-span perspective divides human development into an early phase and a later phase.

- a. True
- b. False

ANSWER: True

99. Meta-analysis allows researchers to synthesize the results of many studies to estimate relations between variables.

- a. True
- b. False

ANSWER: True

100. Gerontology is the study of aging from maturity through old age.

- a. True
- b. False

ANSWER: True

Chapter 01

101. Discrimination against older people simply because they are older is called ageism.

- a. True
- b. False

ANSWER: True

102. Development is said to have plasticity when there is more than one path to successful aging.

- a. True
- b. False

ANSWER: False

103. Events are characterized as normative if they are important to the individual but do not happen to most people.

- a. True
- b. False

ANSWER: False

104. Culture can be defined as shared basic value orientations, norms, beliefs, and customary habits, and ways of living.

- a. True
- b. False

ANSWER: True

105. Secondary aging refers to normal, disease-free development in adulthood.

- a. True
- b. False

ANSWER: False

106. An index variable is a variable that is used to represent the complex interrelated influences on people over time, such as chronological age.

- a. True
- b. False

ANSWER: True

107. Intelligence and memory abilities are examples of your social age.

- a. True
- b. False

ANSWER: False

Chapter 01

108. Reliability is an indication that a measure is actually assessing what it was designed to measure.

- a. True
- b. False

ANSWER: False

109. A cohort is a collection of people born in the same time period and/or who experience the same historical events.

- a. True
- b. False

ANSWER: True

110. When one cannot determine which of two or more variables is responsible for an observed behavior or outcome, the results are said to be uncorrelated.

- a. True
- b. False

ANSWER: False

111. When a person is asked to write down their responses to a set of questions, this is called a questionnaire.

- a. True
- b. False

ANSWER: True

112. In a case study, a single person is examined in great detail.

- a. True
- b. False

ANSWER: True

113. When participants begin but do not finish a longitudinal assessment or study, there may be a problem with dropout.

- a. True
- b. False

ANSWER: True

114. Informed consent involves gaining permission from the participant before collecting data and telling the participant about any potential risks and benefits.

- a. True
- b. False

ANSWER: True

Chapter 01

115. When a participant cannot give informed consent, such as in the case of a participant with advanced Alzheimer's disease, then a family member may give consent.

- a. True
- b. False

ANSWER: True

116. Explain how stereotypes of aging can lead to the practice of ageism. Include a definition and an example of each term.

ANSWER: Ageism is the unfounded notion that one age is better than another. It also includes prejudice and discrimination against those who are elderly based on the notion that older persons are not as capable as younger people are. Stereotypes are untrue assumptions made about groups of people. For example, stereotypes about the elderly are that they have poor memories, cannot learn new things, and are not interested in sex. These notions are related. If one has stereotypes about the elderly, that might lead one to act in ways that are based on ageism, such as not offering a job to a person over the age of 65.

117. Evaluate the four main factors in Baltes' life-span perspective and rank them in order from most influential to least influential. Provide a rationale for the rank assigned to each factor.

ANSWER: Baltes identified four key features of the life-span perspective. They are as follows: (1) Multidirectionality. Some growth may slow and some may accelerate across time in the same individual. (2) Plasticity. This means that skills are not set in stone. They can be improved or taught even in late life. (3) Historical context. Each of us is shaped by the particular historical time and culture into which we were born. (4) Multiple causation. People are influenced by biological, psychological, sociocultural, and life-cycle forces.

118. Compare and contrast the challenges facing developing and developed countries by 2050.

ANSWER: By the year 2050, the shape of the population in developed countries will resemble a beehive. The shape of the population in developing countries will resemble a pyramid that is swelling in the upper regions as infant mortality rates decline and the number of individuals living into their 80s, 90s, and 100s increases. While there is growing concern by both that the cost of programs to support older adults will be severely strained, such as national health care programs, developed countries have greater economic resources available to meet these needs. Additionally, this situation may cause intergenerational conflict as larger numbers of people will be supported by programs fueled by smaller numbers of younger taxpayers.

119. Describe why adult development and aging is best examined from a multiple forces perspective.

ANSWER: To understand the complete aging person, one must examine the biological, psychological, sociocultural, and life-cycle aspects of their lives. Furthermore, the person's culture and historical time must be taken into account as well. This multiple forces approach gives a more complete view of aging over time. Focusing on one or even two of these forces would give an incomplete view of an individual.

Chapter 01

120. Define and explain how a first marriage could be an example of a normative age-graded event, a normative history-graded event, and a nonnormative event.

ANSWER: 1. Normative age-graded influences generally happen to people in a culture at around the same time. For example, in the United States experiencing a first marriage at 25-years-old. Normative history-graded influences happen to people living at a certain time. For example, experiencing a first marriage on the day of the 9/11 World Trade Center attacks that changed global attitudes about safety and security. Nonnormative influences are those that are important to one person but do not happen to most people. For example, experiencing a first marriage on the stage during a famous country music performer's concert would fall under this category. Events in each category, whether they are positive or negative, all impact development.

121. Explain why there is very little research on how culture and ethnicity affects how people experience old age.

ANSWER: Most research on aging has been conducted on European Americans. Due to demographic trends, this focus much change to better understand the experiences of growing older in the United States and other cultures.

122. Explain the universal versus context-specific development controversy. Cite an example to support your analysis.

ANSWER: The universal versus context-specific development controversy concerns whether there is one path of development or several. For example, the !Kung people of the Kalahari have little concept of aging and show little difference in social roles by age. Age differences in social roles are large in the United States where a more complex concept of aging is held by many.

123. If you read a study that said eating foods that contained antioxidants was associated with greater longevity and increased mental stamina in old age, what additional study information would you want to know in order to evaluate this finding?

ANSWER: You would want to understand more about how the study was conducted in order to evaluate whether or not the findings are generalizable to the larger population. You would want to know how many people were studied (10 individuals or thousands of people?) and for how long (1 day or over a period of years?) Was the sample representative in terms of the distribution of the subjects' ages, sexes, races, ethnicities, socioeconomic statuses, weights, health levels, and types of diet? How was longevity and mental stamina defined? What type of research design was used (experimental or correlational)? Finally, you would want to know who funded the research. Was it a well-respected medical hospital, or was it a group that has stock in a company that makes antioxidant foods?

124. Differentiate among age, cohort, and time-of-measurement effects. Provide an example of each.

ANSWER: Age effects in research are usually represented as chronological age. However, age effects are due to biological, psychological, and sociocultural changes in individuals. These are not dependent upon age, per se. For example, going through puberty. Cohort effects are specific to the generation to which one belongs. A cohort can consist of people born in a certain year or of people who lived during a normative historical event, such as the election of the first African-American president. Time-of-measurement effects have to do with the larger societal events happening at the time of data collection. For example, _____ people's views on the role of government may be influenced by a recent scandal in government.

Chapter 01

125. Describe one disadvantage and one advantage of using the extreme age group design in research.

ANSWER: The extreme age group design (assessing a group of 20-year-olds and a group of 80-year-olds at one point in time using the same measures) is problematic in three ways. First, the samples are not representative, and the findings may not generalize, except to people who have characteristics similar to those included in the study. Second, age is better conceptualized as a continuous category, not as “old” and “young.” Finally, the measures and terms may not mean the same things to both groups. Hence, there are issues with reliability and validity of the measures used with each cohort; however, if applied carefully, the extreme age group design can provide useful information.

126. When conducting research, what ethical considerations should be taken into account?

ANSWER: Participants must be volunteers. Risk must be minimized. The study must be explained to them in detail. Care must be taken so that subjects are not harmed in any way. Subjects are free to cease participation in the study at any time. They have the right to confidentiality and/or anonymity, which means that their particular data cannot be connected to their name and/or that only the researcher knows their identity. Subjects should be debriefed after the study and have an opportunity to have any questions answered. If deception was used at the beginning of the study to protect the authenticity of the results or findings, then this should be clarified in the debriefing. Children and others who cannot give consent may have another responsible adult give consent on their behalf. Obtaining consent from the elderly takes special care and must consider the person’s ability to understand the study requirements. Human Subjects Review Boards evaluate all research studies to make sure participants are treated fairly and ethically. Any changes to the study protocol must be reevaluated by the review board.