

Development Psychology

Sem – 4 MCQ

Unit 1: Physical and cognitive development in Middle adulthood

1. All systematic change that occurs in humans is referred to as :
 - a. **Development**
 - b. Maturation
 - c. Growth
 - d. Symbiosis
2. Biologically rooted systematic changes that occur in humans and are unrelated to environmental influences refer to:
 - a. Development
 - b. Maturation**
 - c. Growth
 - d. Symbiosis
3. Which defining theme of human development addresses the manner in which development unfolds?
 - a. Source
 - b. Continuity**
 - c. stability/plasticity
 - d. role of the individual
4. Which defining theme of human development addresses the question of whether the trajectory of an individual's development can be influenced once it has been set in motion?
 - a. Source
 - b. Continuity
 - c. stability/plasticity**
 - d. role of the individual
5. An individual who believes that given the right amount of support and assistance every person can learn, whatever their current age, *most likely* holds which of the following developmental themes?
 - a. passive learners
 - b. endogenous development
 - c. continuous development**
 - d. discontinuous development
6. Another term for a fertilized ovum is:
 - a. Placenta
 - b. Sperm
 - c. Fallopian

d. Zygote

7. According to the text, middle adulthood lasts until approximately:
- age 35
 - age 45
 - age 55
 - age 65**
8. _____ parenting combines high responsiveness with low demandingness.
- Authoritative
 - Permissive**
 - rejecting-neglecting
 - authoritarian
9. The trajectory of development beginning at conception is:
- zygote, fetus, embryo
 - embryo, zygote, fetus
 - zygote, embryo, fetus**
 - embryo, fetus, zygote
10. Which of the following has been put forward as a criticism of Piaget's theory?
- he was not meticulous about his methods
 - he did not pay enough attention to the social environment**
 - his findings apply to girls but not to boys
 - his findings apply to boys but not to girls
11. Longitudinal research involves:
- Testing different people of the same age
 - Testing different people at the same stage of development
 - Testing the same people at different ages**
 - a and b
12. According to research, which is the most common type of attachment?
- Secure**
 - Ambivalent
 - Avoidant
 - disorganized
13. Which brain area is responsible for reasoning and planning?
- brain-stem
 - pre-frontal cortex**
 - temporal lobe
 - parietal lobe

14. Younger adults would typically outperform older adults on a test of:
- fluid intelligence**
 - crystallized intelligence
 - wisdom
 - vocabulary
15. Authoritarian parents are:
- demanding and responsive
 - demanding but not responsive**
 - responsive but not demanding
 - neither demanding nor responsive
16. When compared with someone in their 20s, a person in their 40s is likely to have:
- worse vision but better hearing
 - worse hearing but better vision
 - worse vision and worse hearing**
 - better vision and better hearing
17. At which stage of moral development did Kohlberg argue that people can make moral decisions that take account of principles such as justice and equality?
- post-conventional**
 - post-operational
 - pre-conventional
 - conventional
18. Sam is a typical North American male. Next week, he will celebrate a milestone birthday at which he believes he will be "middle aged" and "over the hill." What birthday will Sam be celebrating?
- 20th
 - 30th
 - 40th**
 - 50th
19. According to Leventhal et al. (2002), which of the following practices, if regularly performed, can help to reduce the risk for chronic diseases as one ages?
- regular exercise**
 - meditation
 - reading
 - doing crossword puzzles
20. Fifty-year-old Esmerelda has been a heavy smoker since her youth. In addition, she lives in a sunny climate and always has a deep tan. Which of the following would you expect about her?
- She will have more grey hair than most other people her age.
 - She will have a larger middle-aged bulge than most other people her age.
 - She will have more wrinkles than most other people her age.**

- d. She will have less hair than most other people her age.
21. A metabolic slowdown is common in individuals in their early 30s to mid-50s. What can it lead to in many people?
- a. grey hair
 - b. a middle-aged bulge**
 - c. wrinkles
 - d. hair loss
22. What does osteoporosis involve?
- a. a loss of bone brittleness
 - b. a loss of bone porousness
 - c. a loss of bone hormones
 - d. a loss of bone mass**
23. _____ reflects information processing capabilities, reasoning and memory.
- a. Fluid intelligence**
 - b. Crystallized intelligence
 - c. Arithmetic intelligence
 - d. Logical intelligence
24. _____ is information, skills and strategies that people have learned and accumulated through experience which can be applied to problem solving situations
- a. Fluid intelligence
 - b. Crystallized intelligence**
 - c. Arithmetic intelligence
 - d. Logical intelligence
25. _____ is the process by which people concentrate on particular skill areas to compensate for losses in other areas.
- a. Selective concentration
 - b. Selective attention
 - c. Selective optimization**
 - d. Selective processing
26. _____ is the acquisition of skills or knowledge in a particular area.
- a. practice
 - b. Performance
 - c. Transferring
 - d. Expertise**
27. _____ are organised bodies of information stored in memory.
- a. Schemas**
 - b. Categories
 - c. Concepts
 - d. Mnemonics

28. _____ are strategies for organising material in ways that make it more likely to be remembered.
- Mnemonics**
 - Remembering
 - Recall
 - Recognition
29. During middle adulthood, women roughly age 40 to 65 may be associated with thinning of bones called as _____
- Osteoporosis**
 - Osteopenia
 - Bone density
 - Rickets
30. During middle adulthood, due to eyes lens changes _____ decreases.
- Perception
 - Attention
 - Audio-visual acuity
 - Visual acuity**
31. A pattern of behaviour in middle adulthood associated with competitiveness, impatience, frustration, hostility called _____
- Type A behaviour pattern**
 - Type B Behaviour pattern
 - Type C Behaviour pattern
 - Type D Behaviour pattern
32. _____ study test people of different ages at the same point of time
- Longitudinal
 - Cross sectional**
 - Basic research
 - Applied research
33. _____ effects are influences associated with growing up a at a particular historical time that affect persons of particular age.
- Conformity**
 - Cohort effects
 - Nonconformity
 - Physical Development
34. _____ study in which testing same people periodically over a span of time .
- Longitudinal**
 - Cross sectional
 - Basic research
 - Applied research

35. A pattern of behaviour in middle adulthood associated with non-competitiveness , patience, lack of aggression called _____
- Type A behaviour pattern
 - Type B Behaviour pattern**
 - Type C Behaviour pattern
 - Type D Behaviour pattern
36. Research suggest that _____ associated with a high risk of heart problems such as coronary heart disease.
- Type A behaviour pattern**
 - Type B Behaviour pattern
 - Type C Behaviour pattern
 - Type D Behaviour pattern
37. Sexuality in middle adulthood there are physiological changes occur in both men and women called as _____
- Male /female Hyper sexuality
 - Male /female climacteric**
 - Male/female sexual development
 - Male /female asexual development

Unit 2: Social and personality development in middle adulthood

- If Will is an average adult, the main reason for him working is so that he can
 - demonstrate creativity.
 - earn a living.**
 - make new friends.
 - exercise his authority over others
- According to Lips-Wiersma (2003), which is not one of the four common meanings people derive from work?
 - Developing self
 - Economic independence**
 - Union with others
 - Serving others
- According to Holland, people choose occupations that optimize
 - income.
 - socialization.
 - fit with personality.**
 - intellect.
- Holland categorizes occupations using the dimensions of
 - interpersonal settings and lifestyle.**
 - lifestyle and income.
 - income and education level.

- d. education level and interpersonal settings.
5. Professor Awajadi has dedicated her career to an area of study that focuses on all aspects of humans as sexual beings. This area of study is referred to as _____.
- a. **human sexuality**
 - b. sexual health
 - c. sexual orientation
 - d. gender identity
6. Which of the following describes a person's view of himself or herself as a man or woman?
- a. gender stereotype
 - b. sexual health
 - c. sexual orientation
 - d. **gender identity**
7. Which of the following is NOT a behavior of sexually healthy adults?
- a. enjoying sexual feelings without always acting on them
 - b. appreciating one's own body
 - c. identifying and living according to one's own values
 - d. **recognizing that human development primarily includes sexual experience**
8. Which of the following is a behavior of sexually healthy adults?
- a. Enjoy sexual feelings by always acting on them
 - b. **Express love and intimacy in appropriate ways**
 - c. Seek prenatal care only if deemed extremely necessary
 - d. Respect only those sexual orientations that one approves of.
9. Traditionally, physicians calculate the first day of pregnancy as
- a. the last day of the menstrual period plus five days.
 - b. the date of last intercourse.
 - c. **the date of the beginning of the last menstrual period.**
 - d. 14 days after the previous menstrual period.
10. The number of new cases of a disease is called the
- a. **Incidence**
 - b. Prevalence
 - c. Demographics
 - d. Epidemiology
11. Which of the following is NOT a reason why young people are at greater risk for sexually transmitted infections (STIs)?
- a. They are more likely to have multiple sexual partners.
 - b. They are more likely to engage in risky behavior.
 - c. They are more likely to select partners who are at higher risk for acquiring an STI.
 - d. **They are more likely to have lower immunity than more mature adults.**
12. Hormones are:
- a. manufactured solely by the sex glands-the testes and the ovaries.
 - b. **secreted directly into the bloodstream**

- c. slow to affect those areas that are distant from where they are manufactured
 - d. of only two types-androgens and estrogens.
13. The _____ plays a major role in regulating the four functions of eating,drinking,fighting,and sexual behaviour.
- a. cerebellum
 - b. adrenal glands
 - c. gonads
 - d. hypothalamus**
14. According to sociobiologists,the reason that good health is universally ?sexually attractive is because
- a. it is directly associated with sexual responsiveness
 - b. it leads to a positive mental attitude,the only prerequisite to sexual attractiveness
 - c. it is related to reproductive ability.**
 - d. it results in full development of the secondary sex characteristics.
15. What does the author of the text mean by the "biological sexism" of sexually transmitted infections (STIs)?
- a. Men are more likely to transmit STIs than are women.
 - b. Men can more easily tell if their sexual partners are infected with STIs.
 - c. Women are more vulnerable to infection and long-term effects of STIs than men.**
 - d. There are fewer barrier techniques available to women to protect them from STIs.
16. _____ see adult personality development based on fairly universal stages tied to a sequence of age related crises.
- a. Human crisis model
 - b. Social stage model
 - c. Life events model
 - d. Normative crisis model**
17. _____see adult personality development that is based on the timing of particular events in an adults life rather than age per se that determines the course of personality development.
- a. Human crisis model
 - b. Social stage model
 - c. Life events model**
 - d. Normative crisis model
18. _____ seen in middle adulthood as per Eric Erikson stages
- a. Intimacy vs isolation
 - b. Generativity vs stagnation**
 - c. Identity vs role confusion
 - d. Industry vs Inferiority
19. _____is a stage of uncertainty and indecision brought about by the realisation that life is finite as per Levinson's view.
- a. Early adulthood**
 - b. Late Adulthood
 - c. Midlife crisis

- d. Young life crisis
20. _____ is that experience relates to parents feelings of unhappiness, worry, loneliness, and depression resulting from their children's departure of home.
- a. **Empty nest syndrome**
 - b. Empty house syndrome
 - c. Emptiness life syndrome
 - d. OCD syndrome
21. the likelihood of violence is highest in families that are subject to _____.
- a. Environment stress
 - b. **Economic or emotional stress**
 - c. Physiological stress
 - d. Psychological stress
22. People who were abused as children have higher likelihood of becoming abusers as adults a phenomenon termed as _____
- a. **Cycle of violence**
 - b. Cycle of abuse
 - c. Cycle of likelihood
 - d. Cycle of life
23. _____ in middle adulthood is a situation that occurs when workers experience dissatisfaction, disillusionment, frustration and weariness from their jobs
- a. Exhaustion
 - b. Frustration
 - c. **Burnout**
 - d. Turnover
24. _____ are those young adults who return after leaving home for some period to live in the home of their middle aged parents.
- a. Return children
 - b. **Boomerang children**
 - c. Ideal children
 - d. Loving children
25. Couples who in middle adulthood must fulfil the needs of both their children and their aging parents termed as _____.
- a. **Sandwich generation**
 - b. Young generation
 - c. Ideal generation
 - d. Modern generation
26. _____ in midlife can have negative economic, psychological and physical effects.
- a. Employment
 - b. **Unemployment**
 - c. Marriage
 - d. Divorce

27. _____grandparents are actively engaged in grand parenting and have influence over their grandchildren's lives
- Involved**
 - Companionate
 - Remote
 - Uninvolved
28. _____grandparents are relaxed, rather than taking responsibilities they acts as supporters and buddies to their grandchildren.
- Involved
 - Companionate**
 - Remote
 - Uninvolved
29. _____grand parents are detached and distant & show little interest to their grandchildren
- Involved
 - Companionate
 - Remote**
 - Uninvolved
30. Marital violence pass through ____stages.
- Four
 - Five
 - Six
 - Three**
31. According to Levinson (1986, 1996) how can the age range of 50-55 be categorized_____
- A period for exploration
 - A period for building a new life
 - Time to prepare for retirement
 - This is a period of questioning in which a crisis can be experienced if one was not encountered during the middle transition**

Unit 3: Physical and cognitive development in Late adulthood

- The traditional age for entering into late adulthood is
 - 60
 - 65**
 - 70
 - 75
- Ageism is.....
 - prejudice or discrimination,usually against young people
 - prejudice or discrimination,usually against older people.**
 - negated by studies showing that older adults are more competent than younger adults
 - especially prevalent in Japan.

3. Suppose you overhear someone say "I hate visiting my grandparents in that retirement community they live in. Being around all those old people gives me the creeps!" This person is expressing
 - a. foreclosure
 - b. ageism.**
 - c. tacit knowledge
 - d. preoperational thinking

4. The fastest-growing segment of the U.S. population is people
 - a. under age 10.
 - b. between ages 10 and 20.
 - c. between ages 65 and 75.
 - d. age 85 and older.**

5. As a demographer, Sherwood would be most interested in studying
 - a. how the number of young people in a population has changed over the past 50 years**
 - b. the number of neural connections contained in the central nervous system.
 - c. the distinction between presbyopia and presbycusis.
 - d. implicit memory.

6. Chatava is a professional who does research to determine the numbers of people in different countries, their ages, and how these numbers might change in the years to come. Chatava would best be described as a
 - a. social worker.
 - b. metabolic theorist.
 - c. demographer.**
 - d. cartographer.

7. As the over-80 population increases dramatically in the next 40 years, which will probably be most affected in the United States?
 - a. Defense systems
 - b. Housing
 - c. Social service systems**
 - d. Transportation systems

8. Osteoporosis is best thought of as involving a loss of bone
 - a. brittleness.
 - b. porousness.
 - c. hormones.
 - d. mass.**

9. As Dr. Benton is looking at an X-ray of bones in your leg, his comment, _____, would indicate that you may have osteoporosis.
 - a. "I see less mass than normal"**
 - b. "I see excessive encapsulation"
 - c. "I see a significant increase in density"
 - d. "I see very little plaque"

10. Who is at the greatest risk of currently experiencing osteoporosis?
- Martha, who is a 20-year-old female
 - George, who is a 30-year-old male
 - Mary, who is a 60-year-old female**
 - Abe, who is a 70-year-old male
11. _____ is prejudice and discrimination directed to older people.
- Triple standard
 - Ageism**
 - Elderly negative stereotype
 - Elderly bias
12. _____ involves universal and irreversible changes that due to genetic programming, occurs as people get older.
- Secondary ageing
 - Internal ageing
 - Primary ageing**
 - Tertiary ageing
13. _____ involves changes occurs due to illness, health habits and other individual differences but not due to increase age itself and are not inevitable
- Secondary ageing**
 - Internal ageing
 - Primary ageing
 - Tertiary ageing
14. _____ involves significant changes in the internal functioning of organ systems
- Secondary ageing
 - Internal ageing**
 - Primary ageing
 - Tertiary ageing
15. _____ suggest that overall processing speed declines in the peripheral nervous system.
- Generalised slowing hypothesis
 - Generalised flowing hypothesis
 - Peripheral flowing hypothesis
 - Peripheral slowing hypothesis**
16. _____ suggest that processing in all parts of the nervous system including the brain is less efficient
- Generalised slowing hypothesis**
 - Generalised flowing hypothesis
 - Peripheral flowing hypothesis
 - Peripheral slowing hypothesis

17. Ageing particularly affect a person's ability to hear _____
- Lower frequencies
 - Moderate frequencies
 - Higher frequencies**
 - Neutral frequencies
18. _____ of ageing suggest that our body's DNA genetic code contains a built in time limit for the reproduction of human cells
- Biological theory
 - Life expectancy
 - Wear and tear theories
 - Genetic programming theories**
19. _____ of ageing argues that mechanical functions of the body simply wear out – like cars, machines etc.
- Biological theory
 - Life expectancy
 - Wear and tear theories**
 - Genetic programming theories
20. The average age of death for the members of a population is called as _____.
- Death age
 - Life expectancy**
 - Average expectancy
 - Human life line
21. The most prevalent and damaging brain disorder among older people produces loss of memory and confusion is _____.
- Mood disorder
 - Neural disorder
 - Alzheimer's disease**
 - Parkinson's disease
22. The type of memory declines most with age in late adulthood are _____ and _____
- Working memory , episodic memory**
 - Long term memory, autobiographical memory
 - Long term memory, semantic memory
 - Echoic memory, episodic memory
23. Two major factor determines sexual activity in late adulthood are _____ & _____.
- Young mind set, hyper sexuality
 - Positive attitude, physical health
 - Social behaviour, Sexual behaviour
 - Physical, mental health**

24. Hair turning grey and eventually white & thin out, face & body skin wrinkled due to losing its elasticity & collagen considered as _____ of ageing
- Internal signs
 - Outwards signs**
 - Responsible signs
 - Prediction signs
25. The loss of taste and smell sensitivity makes old people eat less & open the door to_____.
- Obesity
 - Fitness
 - Malnutrition**
 - Nutrition

Unit 4: Social and personality development in late adulthood

- Globally, by the year 2050, which age group will have more people than in any other?
 - 65 and older**
 - 40-49
 - 20-29
 - 0-9
- In order to depict the number of people of different ages in the population, what graphing technique is used?
 - demography
 - census-taking
 - worldometers
 - population pyramid**
- In the 1950s, what shape did the global population distribution resemble?
 - rectangle
 - square
 - pyramid**
 - up-side down pyramid
- According to the text, why has the proportion of older adults increased tremendously during the past century?
 - due to better overall health**
 - due to more wealth
 - due to increased medical technology
 - due to the knowledge of highly-educated healthcare professionals
- Henry spends his time studying how populations of different ages of people will be changing over the next one hundred years. Which of the following is Henry most likely to be?
 - a demographer**
 - a neurologist
 - a psychiatrist
 - a population scientist

6. What premise is continuity theory based on?
 - a. the premise that change is uncommon in adulthood
 - b. the premise that we tend to address life's daily problems using strategies that have been successful in the past**
 - c. the premise that the maximum level of cognitive abilities is achieved in middle adulthood
 - d. the premise that environmental demands decline with age

7. Joanne has retired from her full-time job as a professor; however, she still writes educational textbooks on a part-time basis and volunteers at her local church. What best describes Joanne's new life?
 - a. cross-linking theory
 - b. social convoy theory
 - c. continuity theory**
 - d. bridge job theory

8. Ken can cope with his current boss's bad attitude because he has had past experience dealing with similar bosses. What best explains Ken's ability?
 - a. continuity theory**
 - b. mechanics intelligence
 - c. the social convoy
 - d. cross-linking theory

9. Which statement best fits with an individual whose life is characterized by minimal continuity?
 - a. "Could I get any duller?"
 - b. "Consistency is my middle name."
 - c. "I wish that I were more spontaneous."
 - d. "I am never sure what I am going to do next."**

10. When Jake looks back upon his past, he realizes that he always had very little patience when dealing with children. What does Jake's realization about himself signify?
 - a. external continuity
 - b. internal continuity**
 - c. external discontinuity
 - d. internal discontinuity

11. What is the name for the study of death, dying, grief, bereavement, and social attitudes toward these issues?
 - a. transcendence
 - b. terminus
 - c. thanatology**
 - d. theology

12. In general, how does one define death?
 - a. It varies within and between cultures.**
 - b. It is the same for everyone within a culture.
 - c. It is the same across all cultures.
 - d. It never changes.

13. What does the meaning of death signify?
- It is defined by the individuals experiencing it.
 - It varies according to culture.
 - It is based on criteria established by the Parliament of Canada Standing Committee of Health.
 - It depends on one's perspective and on the biological and medical criteria used**
14. Jac is living in Ghana and is said to be dying a "good death." This means that he
- is in his teens.
 - has made peace with his friends and family.**
 - will take his own life.
 - has sacrificed an animal to the "god of the living.
15. When Ahmad thinks of death, he thinks of a wake, a funeral, and a memorial service. Ahmad defines death as
- a statistic.
 - an event.**
 - a thief of meaning.
 - an analogy.
16. _____ seen in late adulthood as per Eric Erikson final eighth stage
- Ego integrity vs despair**
 - Generativity vs stagnation
 - Identity vs role confusion
 - Industry vs Inferiority
17. _____ can trouble older people as their incomes are fixed , health care costs increasing and life span is increasing
- Economical issues**
 - Love and belonging ness issues
 - Family issues
 - Environmental issues
18. _____ typically involves a socially isolated elderly parent in poor health and a caregiver who feels burdened by the parent
- Physical abuse
 - Social abuse
 - Psychological abuse
 - Elder abuse**
19. _____ is assistance and comfort supplied by a network of caring, interested people
- Physical support
 - Social support**
 - Accommodating support
 - Helping support

20. The process of adjusting to widowhood in late adulthood encompasses ____ stages.
- Four
 - Five
 - Six
 - Three**
21. The process of retirement in late adulthood consist of _____stages
- Four**
 - Five
 - Six
 - Three
22. _____ is a belief that one has no control over one's environment.
- Depression
 - Institutionalism
 - Learned helplessness**
 - Suicidal ideation
23. _____ offers an environment in which all the residents are of retirement age or older and need various levels of care
- Charitable trust
 - Institutionalism
 - Hospital
 - Continuing care community**
24. _____ a psychological state in which people in nursing homes develop apathy, indifference and lack of caring about themselves.
- Charitable trust
 - Institutionalism**
 - Hospital
 - Continuing care community
25. _____ in late adulthood marked by a gradual withdraw from the wold on physical, psychological and social level
- Attachment theory
 - Disengagement theory**
 - Activity theory
 - Continuity theory
26. _____ suggest that in late adulthood people simply need to maintain their desired level of involvement in society in order to maximise their sense of wellbeing and self-esteem
- Attachment theory
 - Disengagement theory
 - Activity theory
 - Continuity theory**

27. _____ suggest that successful ageing occurs when people maintain the interests, activities, and social interaction with which they were involved during middle age.
- Attachment theory
 - Disengagement theory
 - Activity theory**
 - Continuity theory
28. Expert knowledge in the practical aspects of life in late adulthood called _____
- Wisdom**
 - Practical knowledge
 - Practical intelligence
 - Expertise
29. _____ is the point in life in late adulthood in which people examine and evaluate their lives
- Life story
 - Autobiography
 - Life review**
 - Life line
30. Developmental psychologist Paul Costa and McCrae , Big personality traits are remarkably _____ across adulthood
- stable**
 - Unstable
 - Changed
 - Unchanged
31. Alzheimer's disease is associated with a gradual loss of _____ producing neurons.
- Dopamine
 - Serotonin
 - Acetylcholine**
 - GABA
32. Brain volume reduces by what percentage every year between 65-80 years of age
- 10%
 - 0.22%
 - 0.05%
 - 0.40%**