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QUESTION PAPER: DEVELOPMENTAL PSYCHOLOGY 2A **MARKS:** 100

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(THIS PAPER CONSISTS OF 16 PAGES)

1. Ensure that you have enough data and proper connectivity before attempting the test.
 2. Answer all questions in Section A
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SECTION A: MULTIPLE CHOICE QUESTIONS

Choose the one **ANSWER** that best completes the statement or answers the question.

1. **The universal-cultural issue refers to**
 - a. The assumption that all children in the world follow the same developmental pathways.
 - b. The assumption that the cultural context in which a child grows up has an important influence on his/her development.
 - c. The fact that not one of the abovementioned should be overemphasised, and that all children show certain universal characteristics and certain cultural differences.
 - d. The assumption that development is discontinuous.
 - e. a, b and c
2. **Which of the following statements is the key assumption of the biological perspective?**
 - a. It deals with the ways in which children process information.
 - b. It holds the belief that biological factors are the only determinants of behaviour.
 - c. It emphasises psychosexual development.
 - d. It emphasises the primary role of heredity, the nervous system and the endocrine system in the determination of behaviour.
 - e. It emphasises psychosocial development.
3. **The following psychosocial stages occur during childhood and adolescence:**
 - a. Integrity versus despair; generativity versus stagnation.
 - b. Identity versus identity confusion.
 - c. Basic trust versus mistrust; initiative versus guilt.
 - d. Autonomy versus shame and doubt; industry versus inferiority.
 - e. a, b and c
4. **According to Erikson's psychosocial theory, the primary challenge of adolescence is to:**
 - a. Realise that one is an independent person who can make decisions.
 - b. Develop a sense that the world is a safe and good place.
 - c. Develop a lasting and integrated sense of self.
 - d. Learn basic skills and to work with others.
 - e. Develop a willingness to try new things and to handle failure.
5. **Six-year-old Susan knows how to bounce balls, and she can bounce balls of many different sizes. She has therefore developed a ball-bouncing**
 - a. Scheme.
 - b. Stage of development.
 - c. Theory.
 - d. Hypothesis.
 - e. All of the above.
6. **According to Piaget, the cognitive development of the child is based on the following interrelated principles and processes:**
 - a. Organisation and adaptation.
 - b. Mental hardware and mental software.
 - c. Short-term memory and long-term memory.
 - d. Schemes and equilibration.
 - e. None of the above.
7. **Sally knows cats. She sees a monkey and calls it a cat, because she only has a scheme for cats. Her mother teaches her that it is a monkey. Sally now has a scheme for cats and a scheme for monkeys. Piaget calls this process**
 - a. Assimilation.
 - b. Accommodation.
 - c. Equilibration.
 - d. None of the above.
 - e. All of the above.

- 8. The contextual perspective of development includes:**
- Direct influences such as the parent-child relationship.
 - Broader systems such as other family members and relatives.
 - Important others such as friends and teachers.
 - Indirect influences by certain institutions.
 - All of the above.
- 9. Information-processing theory proposes that human cognition consists of**
- Mental hardware and mental software.
 - Schemes and theories.
 - Memory systems.
 - All of the above.
 - a and c.
- 10. One of the first psychologists to emphasise the cultural context of children's development was**
- B. F. Skinner.
 - Lev Vygotsky.
 - Urie Bronfenbrenner.
 - Albert Bandura.
 - John Watson.
- 11. Vygotsky, Bronfenbrenner, Super and Harkness and also Nsamenang's theories can be classified as**
- Psychodynamic theories.
 - Behavioural theories.
 - Social cognitive theories.
 - Contextual theories.
 - Social learning theories.
- 12. Urie Bronfenbrenner's theory is known as a**
- Socio-cultural theory.
 - Ecological theory.
 - Developmental niche theory.
 - Socio-political theory.
 - Socio-developmental theory.
- 13. According to Bronfenbrenner, child development takes place within a**
- Developmental niche.
 - Zone of proximal development.
 - Framework of cultural realities and developmental agendas.
 - Series of complex and interactive systems.
 - Series of psycho-social stages.
- 14. Xolisa is a Xhosa speaking boy. He is not only influenced by his own cultural values, but also by the greater South African Constitution. This is an example of the ... according to Bronfenbrenner's theory.**
- Mesosystem
 - Exosystem
 - Microsystem
 - Macrosystem
 - Chronosystem
- 15. Sandra does well at school. Although she is bright, she also has a very good teacher and her parents are very interested in her progress and therefore provide her with good support at home. This is an example of Bronfenbrenner's**
- Mesosystem.
 - Exosystem.
 - Microsystem.
 - Macrosystem.
 - Chronosystem.

16. John's parents have recently divorced. He lives with his mother and her new husband. The family has recently moved to America, at a stage at which John has just started to settle in the new family situation. According to Bronfenbrenner, the changes in his life represent the
- Mesosystem.
 - Exosystem.
 - Microsystem.
 - Macrosystem.
 - Chronosystem.
17. Which of the following statements regarding the Africa perspective is/are FALSE?
- The traditional African worldview is based on a holistic perspective of humans and the universe.
 - Human behaviour is viewed from an anthropocentric framework.
 - Great emphasis is placed on spirituality.
 - All of the above.
 - None of the above.
18. Which of the following statements regarding the Africa perspective is/are TRUE?
- Humans are influenced by their relationship with the environment, other people and ancestors.
 - Human behaviour can only be understood in terms of the greater whole of which the individual is part.
 - Community plays a central role.
 - All of the above.
 - None of the above.
19. Which of the following statements regarding the Africa perspective is FALSE?
- Behaviour is guided by values such as cooperation, interdependence and communal responsibility.
 - The term *ubuntu* describes the African worldview in which people can only find fulfilment through positive interaction with other people.
 - The personhood and identity of the traditional African is anchored in his or her individual existence and relatedness.
 - Individuals' relatedness is both horizontal (with others) and vertical (with the deceased and the unborn) in nature.
 - Individuals' growth and development are linked closely to their kinship relationships.
20. Bame Nsamenang regards human development as ... because it is situated within the ecological and social environments in which it takes place.
- Social ontogenesis
 - Anthropocentric
 - Holistic
 - Hierarchical
 - Collective
21. A researcher who used a cross-sectional research design comes to the conclusion that computer literacy declines with age because 50-year-olds do worse than 30-year-olds, and 30-year-olds do worse than 18-year-olds. Which mistake did the researcher make in the interpretation of her results?
- She did not take the Hawthorne effect into consideration.
 - She did not take the measurement effect into consideration.
 - She did not take the age effect into consideration.
 - She did not take the cohort effect into consideration.
 - She did not take the time effect into consideration.
22. A research design in which different age groups of children are studied on various occasions over a few years is called a/an ... research design.
- Cross-sectional
 - Longitudinal
 - Sequential
 - Experimental
 - Correlational

23. A researcher is interested in children's temperamental changes as they grow older. She selects a group of 5 year olds, a group of 8 year olds and a group of 12 year olds. She tests them every 6 months for a period of 2 years. This researcher is applying a/an ... research design.
- Cross-sectional
 - Longitudinal
 - Sequential
 - Experimental
 - Correlational
24. The sequential research design combines features of the
- Experimental and correlational designs.
 - Naturalistic and structured observation methods.
 - Case-study and meta-analytic methods.
 - Cross-sectional and longitudinal designs.
 - All of the above.
25. Which of the following statements is/are TRUE regarding cross-cultural research?
Cross-cultural research incorporates all the research methods, research designs and methods of data gathering applied in other areas of psychology.
- An important goal of cross-cultural research in child psychology is to discover principles that are universal to all cultures, as well as principles that are unique to certain cultures.
 - The focus should be on both similarities and differences between cultures.
 - Cross-cultural researchers experiences unique challenges related to language, communication, test standardisation and test translation.
 - All of the above.
26. The overriding goal of research ethics is to
- Determine whether the results are generalizable.
 - Detect and discourage cheating by researchers.
 - Detect and discourage cheating by research participants.
 - Protect the participants from psychological and physical harm
 - Obtain valid and reliable results.
27. With her and her parents' consent, fourteen-year-old Samantha took part in a research study that investigated the effects of same-gender relationships on the emotional development of adolescents. When the study was published in a research journal, Samantha's name was used in the article. Which guideline of the ethical code involving research with children was violated?
- Non-harmful procedures.
 - Confidentiality.
 - Deception.
 - Informing participants.
 - Informed consent.
28. Researchers are obliged to obtain parents' permission for their children to participate in a research study. This guideline refers to
- Parental consent.
 - Informing participants.
 - Confidentiality.
 - Informed consent.
 - Non-harmful procedures.
29. A researcher should clarify any misconceptions or uncertainties that may arise during the study. The researcher should report general findings to participants in terms they can understand. This guideline refers to
- Parental consent.
 - Informing participants.
 - Confidentiality.
 - Informed consent.
 - Non-harmful procedures.

30. A researcher did not inform the research participants of all the features of the research, did not answer their questions in an appropriate manner and did not give them permission to discontinue participation. Which guideline of the ethical code has been violated?
- Parental consent.
 - Informing participants.
 - Confidentiality.
 - Informed consent.
 - Non-harmful procedures.
31. During which substage of sensorimotor development will the child for the first time be able to repeat an action intentionally to trigger a response from the environment?
- Primary circular reactions.
 - Secondary circular reactions.
 - Coordination of circular reactions.
 - Tertiary circular reactions.
 - Mental representation.
32. Four month old Thandi shakes her rattle repeatedly to hear the sound. According to Piaget, she is in the ... substage of cognitive development.
- Primary circular reactions.
 - Pre-primary circular reactions.
 - Uncoordinated circular reactions.
 - Reflexes.
 - Secondary circular reactions.
33. Seven month old Ben crawls towards a toy that he sees lying on the floor. According to Piaget, he is in the ... substage of cognitive development.
- Primary circular reactions
 - Secondary circular reactions
 - Coordination of circular reactions
 - Tertiary circular reactions
 - Mental representation
34. Sixteen-month-old Tabelo has started to walk. He now explores his environment, acting like a little scientist by trying to solve a problem by using trial and error. According to Piaget, Tabelo is in the ... substage of cognitive development.
- Coordination of secondary reactions
 - Tertiary circular reactions
 - Secondary circular reactions
 - Symbolic representation
 - Mental representation
35. The ... substage of Piaget's cognitive development theory is marked by the beginning of insight and real creativity.
- Coordination of secondary reactions
 - Tertiary circular reactions
 - Secondary circular reactions
 - Primary symbolic representation
 - Mental representation
36. Two-year-old Edwin pulls up a chair to get to the cookie jar on top of the kitchen counter. This indicates that Edwin is in the ... substage of Piaget's theory.
- Coordination of secondary reactions
 - Tertiary circular reactions
 - Secondary circular reactions
 - Primary symbolic representation
 - Mental representation

- 37. The understanding that objects and persons continue to exist even when they cannot be seen, heard, or touched is called**
- Perseverating search.
 - Object permanence.
 - Deferred imitation.
 - Object availability.
 - Symbolic representation.
- 38. According to Piaget, the attainment of the skill of ... signifies the cross-over from sensorimotor to intelligent behaviour.**
- Object permanence
 - Imitation
 - Mental representation
 - Symbolic representation
 - None of the above.
- 39. According to Piaget, the skill of mental representation enhances the child's**
- Imitation and deferred imitation skills.
 - Pretend play.
 - Symbolic representations such as language and numbering skills.
 - All of the above.
 - None of the above.
- 40. Piaget's theory has been criticised because**
- His research sample was too small and therefore not representative.
 - His methods were too simplistic.
 - He generally underestimated babies' skills.
 - All of the above.
 - a and b.
- 41. Elsie can organise her blocks according to colour, size and form. According to Piaget, Elsie has the ability to**
- Understand hierarchies of classes.
 - Understand reversibility.
 - Perform abstract thinking.
 - Apply hypothetical thought.
 - a and b.
- 42. Which of the following statements is TRUE of concrete operational children's thinking?**
- They can only focus on one aspect of a problem at a time.
 - They have gained the ability to think with abstract logic.
 - They can work with more than one cognitive dimension at the same time, thereby decentring.
 - They are egocentric in their thinking.
 - They can apply hypothetical thinking.
- 43. Ben's understanding that objects that are big may be heavy or light, is an example of his ability to**
- Centre.
 - Decentre.
 - Conserve.
 - Think abstractly.
 - Think concretely.
- 44. According to Piaget horizontal décalage refers to**
- Children's understanding of reversibility.
 - Children in middle childhood's inability to transfer what they have learned about one type of conservation to another.
 - Children in middle childhood's use of mental operations.
 - Children in middle childhood's use of decentring.
 - Children in middle childhood's use of concrete reasoning.

45. **Martin understands that a tall narrow glass of milk could have the same volume than a short wide glass of milk, but he struggles to understand that a whole apple and an apple cut into pieces have the same mass. Piaget called this phenomenon**
- Reversibility.
 - Conservation.
 - Horizontal décalage.
 - Decentring.
 - Concrete thinking.
46. **Is Piaget's description of cognitive development in middle childhood relevant to South African children and children elsewhere in Africa?**
- Yes, South African children achieve the Piagetian tasks in the same sequence as Piaget's subjects.
 - Yes, but some ethnic groups in Africa achieve the Piagetian tasks at a later stage.
 - Yes, but factors such as parental education, schooling and familiarity with the materials play a role.
 - Yes, but parenting styles, demographic area, culture and language also play a role.
 - All of the above
47. **According to the information processing theorists, cognitive developmental changes in middle childhood occur in the following forms:**
- Equilibration and the development of schemas.
 - Memory.
 - Processing speed and automatic processing.
 - Knowledge base and control processes
 - b, c, d
48. **The use of memory strategies in middle childhood follows the following developmental course:**
- At the ages 5 to 7 years they begin to use simple strategies such as rehearsal.
 - At the ages 7 to 9 years they use visual and auditory clues and organisational strategies.
 - At the ages 9 to 11 years they are able to learn various memory strategies, such as elaboration, from parents and teachers, as well as developing their own.
 - All of the above.
 - None of the above.
49. **At the ages of seven or eight years children can already recognise a large number of words without having to sound or spell them, which benefits their reading skills. This ability, which refers to cognitive activities that require virtually no effort, is called**
- Memory strategies.
 - Automaticity.
 - Executive functioning.
 - Control processes.
 - Phonological loop.
50. **One of the more noticeable aspects of cognitive development in middle childhood is the ..., which is related to an increase in basic knowledge and which plays a significant role in their memory functioning.**
- Expansion of their working memory
 - Expansion of their automatic processing abilities
 - Expansion of their knowledge base
 - Development of a theory of mind
 - Development of higher-order cognitive functioning.
51. **Visual dysfunctions may affect a person's social functioning. This means that the person may experience**
- Problems in recognising faces.
 - Loss of interest in reading
 - An increased risk of falling.
 - Difficulty in reading people's faces and emotions.
 - a and c.

- 52. Visual dysfunctions may affect a person's psychological functioning. This means that the person may**
- Develop depression.
 - Lose interest in reading.
 - Experience an increased risk of falling.
 - Have difficulty in reading people's faces and emotions.
 - a and c.
- 53. A decline in hearing acuity with increasing age is known as ...**
- Presbycusis.
 - Hyperacusis.
 - Glaucoma
 - Tinnitus.
 - Presbyopia.
- 54. Loss of hearing**
- May affect a person's educational, occupational and interpersonal functioning.
 - May affect a person's psychological well-being and quality of life.
 - May negatively affect young adults more than older adults.
 - All of the above.
 - None of the above
- 55. Loss of hearing may affect**
- Younger adults more because of the higher demands at a younger age.
 - Older adults more because of the higher demands at an older age.
 - Younger adults less because of the higher demands at a younger age.
 - Older adults less because of higher demands at an older age.
 - None of the above
- 56. Robert Sternberg's triangular theory of love consists of the following components:**
- passion, communication and commitment.
 - communication, passion and intimacy.
 - passion, intimacy and commitment.
 - intimacy, communication and commitment.
 - a and d
- 57. Examples of theories that address the issue of whom people fall in love with are:**
- The triangular theory of love and the attachment theory.
 - The socio-emotional selectivity theory and the social exchange theory.
 - The convoy theory and the social network theory.
 - a, b and c
 - The equity theory and the assortative mating theory.
- 58. According to the ... theory of partner selection, romantic relationships or attractions are based on similar characteristics.**
- social balance
 - assortative mating
 - equity
 - attachment
 - All of the above
- 59. Relationships in which the individuals share ... personality characteristics have the greatest chance of success.**
- similar
 - different
 - opposite
 - similar as well as different
 - b and c

60. According to the attachment theory, people construct representations of themselves and other people, which are referred to as
- internal working models.
 - linked lives.
 - agency.
 - attachment history.
 - none of the above.
61. Cathy and Jim have been married for 3 years. Cathy feels she does not deserve to be loved, although she desperately needs to feel loved by Jim. However, she sometimes feels that she cannot trust him. This has caused her to be in conflict between her need to be close to Jim and the fear that he will leave her. According to Bartholomew's model of attachment relationships, Cathy is exhibiting a/an ... internal working model of attachment and may have had a/an ... attachment history.
- avoidant; anxious
 - preoccupied; resistant
 - dismissing; avoidant
 - fearful; disorganised-disoriented
 - None of the above
62. The stages of Erikson's psychosocial theory of personality development which are relevant to adult development are:
- Intimacy vs isolation; generativity vs stagnation; integrity vs despair.
 - Identity vs identity confusion; intimacy vs isolation; generativity vs stagnation; integrity vs despair.
 - Intimacy vs isolation; industry vs inferiority; generativity vs stagnation; integrity vs despair.
 - Basic trust vs mistrust; autonomy vs shame and doubt; initiative vs guilt; industry vs inferiority.
 - industry vs inferiority; generativity vs stagnation; integrity vs despair.
63. Maria is an elderly woman living alone in a rural area with just her goats, dog and some chickens, and supplies herbal remedies to the community. She increasingly has been showing indications of age-related cognitive declines, and subsequently has been accused of witchcraft. This has led to stigmatisation and exclusion by the community, to such an extent that she has on occasion been physically harmed by some of the children in the community. Maria is the victim of
- Neglect.
 - System abuse.
 - Economic exploitation.
 - Physical abuse.
 - Harassment
64. Living with an older person and refusing to make any financial contribution towards the household is regarded as ... abuse.
- financial
 - elder
 - psychological
 - emotional
 - a and b.
65. A group of elderly people living in an old age home have been complaining that their caregiver slaps them, handles them roughly and uses physical restraints to restrict their movements. At the same time, some family members have noticed that their family members are administered excessive medication. The caregiver was charged with ... of the elderly under her care.
- psychological abuse
 - exploitation
 - neglect
 - physical abuse
 - system abuse

66. The family members of elderly people living in an old age home noticed that their parents are not provided with stimulating activities, they are not bathed, do not receive clean clothes and are underfed. This institution was charged with ... of the elderly.
- Psychological abuse
 - Neglect
 - Physical abuse
 - System abuse
 - Bullying
67. A group of elderly ladies living in an old age home started to complain to their family members that they are being touched inappropriately by a male caregiver. CCTV footage of the institution revealed that the caregiver was exploiting the elderly ladies for their own sexual gratification and even attempted rape. The caregiver was charged with ...
- Psychological abuse.
 - Sexual abuse.
 - Physical abuse.
 - System abuse.
 - Molestation
68. A survey by the South African Department of Health revealed that
- Abuse of the elderly is mostly psychological and financial in nature.
 - Elder abuse mostly occurs at home and in the community.
 - Most forms of abuse experienced by older persons are from grandchildren.
 - The abuser is very commonly a family member
 - All of the above.
69. The term ... is used to assess how much control people have over the conditions in their lives.
- Self-efficacy
 - Locus of control
 - Control of destiny
 - Self-fulfilling prophecy
 - Emotional intelligence
70. An internal locus of control refers to the belief that
- Other people determine one's behaviour.
 - One determines one's own behaviour and future.
 - Circumstances determine one's behaviour.
 - The specific situation determines one's behaviour.
 - a and d
71. An external locus of control refers to the belief that
- One is in control of one's external life.
 - One has very little say in what happens to one.
 - Chance factors determine one's life.
 - b and c.
 - All of the above
72. A sense of control
- Is also called mastery by some researchers.
 - Is a very important determinant of successful ageing.
 - Predicts locus of control.
 - All of the above.
 - None of the above.

- 73. Socio-economic conditions**
- a. Such as affluence, may be related to the increase of obesity, diabetes, heart disease and stroke among South African adults.
 - b. Such as poverty, affects one in four older adults in South Africa.
 - c. Such as hardships caused by poverty and HIV/AIDS have the greatest negative effect on ageing.
 - d. Are not important in ageing
 - e. All of the above
- 74. Because of poverty-related issues, many South African adults are experiencing a sense of powerlessness and lack of motivation. This is especially true after having been exposed to a series of unpleasant events, in which they feel they have no control over their environment. This ultimately leads to an inability to make use of existing options, and is referred to as**
- a. An external locus of control.
 - b. Learned helplessness.
 - c. Neuroticism.
 - d. A self-fulfilling prophecy.
 - e. Abuse
- 75. The psychological effects of poverty in adulthood include**
- a. A sense of hopelessness.
 - b. Uncertainty about the future.
 - c. Alienation from mainstream society and a sense of rejection.
 - d. All of the above.
 - e. None of the above
- 76. The so-called 'poverty-trap' that many South African adults find themselves in may result in feelings of**
- a. Hopelessness.
 - b. Resilience.
 - c. Learned helplessness.
 - d. Loss of control.
 - e. a,c and d.
- 77. The physical health of elderly persons**
- a. Should be of such a nature that they are largely self-sufficient.
 - b. Should be of such a nature that they are able to perform the instrumental activities of daily living.
 - c. May be compromised by conditions such as obesity, loss of skeletal mass and strength, and pain.
 - d. All of the above.
 - e. None of the above
- 78. Because of the AIDS epidemic, as well as other health-related problems, many adults and elderly people in South Africa are unable to perform the instrumental activities of daily life, largely due to**
- a. Social dependency.
 - b. Psychological dependency.
 - c. Physical or medical dependency.
 - d. Financial dependency.
 - e. Poor socio-economic factors.
- 79. ... dependency refers to the extent to which individuals' cognitive abilities and their emotional functioning enable them to function independently and to maintain their well-being.**
- a. Medical
 - b. Psychological
 - c. Emotional
 - d. Social
 - e. c and d

- 80. The Older Persons Act, No 13 was promulgated by the South African Government because**
- of the growing ageing population.
 - legislation was necessary to change the attitudes towards the elderly.
 - society has an obligation to promote the optimal level of the social, physical, mental and psychological well-being of its elderly.
 - it became necessary to maintain and protect the rights of the elderly.
 - All of the above.
- 81. The term 'successful ageing' has been described as one of gerontology's most successful ideas because**
- it offered an antipode to the largely negative view of older adults as lonely, frail, demented and a burden to society.
 - it has generated several similar terms such as positive ageing, independent ageing, healthy ageing, productive ageing, and active ageing.
 - it has generated a variety of ideas such as theoretical paradigms, health measures, retirement lifestyles, and policy agendas.
 - All of the above.
 - None of the above
- 82. Researchers on successful ageing**
- do not always agree on the definition of successful ageing.
 - face the dilemma that there is no universal set of criteria for determining successful ageing.
 - broadly agree that the term refers to the fact that persons are ageing well on all levels of their functioning.
 - All of the above.
 - a and c
- 83. The capacity to maintain satisfying interpersonal relationships and to obtain needed social support from the community, as well as to have the capacity to make decisions about where, when and how to engage in social interactions, is referred to as ... dependency.**
- Physical
 - Psychological
 - Social
 - Financial
 - b and d
- 84. Due to health problems which restrict her mobility, Cheryl (75) is unable to do her shopping, maintain her housekeeping, or visit friends. She largely depends on her social network to help her with these activities or to visit her. Cheryl is experiencing**
- Social dependency.
 - Psychological dependency.
 - Physical or medical dependency.
 - Financial dependency.
 - System dependency.
- 85. Mike, 70, did not make provision for his retirement. Recently, a series of health-related problems has depleted his savings. He had to move to a small room in the back yard of friends and is struggling to make ends meet. This has restricted his feeling of self-fulfilment as he has to depend mostly on others for his daily needs. Mike is probably experiencing**
- Social dependency.
 - Psychological dependency.
 - Physical or medical dependency.
 - Financial dependency.
 - a and d

- 86. Dependency may affect the elderly as follows:**
- a. Some elderly people may suffer a loss of dignity because they need constant help and care.
 - b. Some elderly people may be embedded in a network of kin, friends and neighbours on whom they can rely and from whom they can obtain support, which enhances their sense of well-being.
 - c. Some elderly may experience a loss of the quality and size of their social support network, which could affect their well-being.
 - d. All of the above.
 - e. None of The above
- 87. Ageism can have negative effects on a person's self-concept and create negative attitudes towards the ageing process, to such an extent that the person may fear the ageing process and be upset about normal age-related changes. This is called**
- a. prejudice.
 - b. discrimination.
 - c. self-stereotypes.
 - d. unsuccessful ageing.
 - e. All of the above.
- 88. You arrive home, feeling tired and emotionally drained. Your day was a disaster: You overslept, couldn't have a cup of coffee due to power outages, and on your way to campus, the taxi had a flat tire, which made you late for a very important lecture. You then discovered that your cell phone's battery was flat, and you couldn't call a friend to come and fetch you. Eventually when you got to campus, you had missed the important lecture, you had forgotten most of your books and notes at home, and then your girlfriend also informed you that she doesn't want to see you again. You are probably experiencing the effect of ...**
- a. A major life event.
 - b. Daily hassles.
 - c. A single dramatic life event.
 - d. A horrible day.
 - e. A traumatic day.
- 89. Which of the following could be considered the better indicator of psychological and physical health and well-being of a person?**
- a. Coping with the death of a loved one after a long sickbed.
 - b. Moving to a retirement home after some careful planning.
 - c. The person's reaction towards daily hassles.
 - d. All of the above.
 - e. None of the above.
- 90. During ... adulthood, people experience more stress of daily hassles, because ...**
- a. Late; they prefer to make fewer choices.
 - b. Early; they have more experiences during the day which could cause more daily hassles.
 - c. Middle; they have more potential to experience daily hassles.
 - d. b and c.
 - e. All of the above.
- 91. Regarding age-related changes and the type of hassle**
- a. Older adults report more health-related hassles.
 - b. Younger adults report more hassles involving children, spouses, work, relatives and money.
 - c. No differences have been found between younger and older adults.
 - d. Older adults tend to have no hassles.
 - e. a and b.
- 92. Regarding emotional reactions to daily hassles,**
- a. Some research findings indicate that the intensity of emotional reactions to daily stressors remain similar throughout the various adult life stages.
 - b. Some research findings suggest that although the exposure to daily hassles decreases in later life, the subjective intensity increases.
 - c. The emotional reaction of the elderly is at least as intense as that of the other age groups.
 - d. All of the above.
 - e. None of the above.

93. **The concept ... or ... is the process of optimising opportunities for health, participation, and security to enhance quality of life as people age.**
- Activity; continuity
 - Well-being; quality of life
 - Active lifestyle; active ageing
 - Control; mastery
 - Nature; nurture
94. **Andy, a retired businessman, has just joined an amateur acting group. He always wanted to be an actor and feels that this new focus, and the continued interaction with others, will do him good. Which theory may endorse Andy's viewpoint regarding the maintenance of involvement after old roles have become redundant?**
- The activity theory.
 - The continuity theory.
 - The social exchange theory.
 - The disengagement theory.
 - The contextual theory
95. **An active lifestyle has always been associated with general psychological well-being. The activity theory**
- Assumes that older adults try to maintain their level of social interaction by substituting new roles when old roles have become redundant or are no more available.
 - Assumes that if older adults are successful in replacing social roles they have lost, they will experience more life satisfaction, higher self-esteem and a sense of well-being.
 - Assumes that older adults will achieve successful ageing by maintaining the same activities, behaviours and relationships as they did in their earlier years of life.
 - a and b.
 - All of the above
96. **An active lifestyle has always been associated with general psychological well-being. The continuity theory**
- Assumes that older adults try to maintain their level of social interaction by substituting new roles when old roles have become redundant or are no more available.
 - Assumes that if older adults are successful in replacing social roles they have lost, they will experience more life satisfaction, higher self-esteem and a sense of well-being.
 - Assumes that older adults will achieve successful ageing by maintaining the same activities, behaviours and relationships as they did in their earlier years of life.
 - All of the above.
 - a and b
97. **Loneliness**
- Is associated with premature mortality.
 - Is associated with several mental disorders.
 - In industrialised countries affects about a third of all people.
 - All of the above.
 - None of the above
98. **The difference between loneliness and aloneness is the following:**
- Loneliness is the pain of being alone; Aloneness is the joy of being alone.
 - Aloneness may heal; Loneliness can hurt.
 - Loneliness is a distressing emotional state; Aloneness is a preferred condition.
 - Aloneness is a sign of emptiness; Loneliness is a sign of a need to engage with others.
 - a, b and c
99. **Which of the following statements is incorrect regarding age-related changes in loneliness**
- Levels of loneliness primarily peak in old age.
 - Recent surveys have indicated that loneliness levels peak in young adulthood.
 - Research has indicated that loneliness gradually diminishes throughout middle and early old age.
 - Research has shown that loneliness is usually a relatively stable characteristic across the life span.
 - The majority of older people are neither lonely nor become lonely as they age.

SUBJECT: BA PSYCHOLOGY

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100. Which of the following statements regarding loneliness are true?

- a. One can feel lonely, even if surrounded by a crowd.
- b. Some people who prefer to live alone are no lonelier than people who live with friends or family.
- c. Unfulfilled relationships can play just as an important role in loneliness as the loss or lack of partner.
- d. All of the above.
- e. None of the above.

TOTAL [100]

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