



# UNIVERSITY OF JOHANNESBURG

## JUNE 2018 EXAMINATION

**COURSE:** B A PSYCHOLOGY (HONS) **TIME:** 180 MIN

**QUESTION PAPER:** ADULT DEVELOPMENT AND AGING **MARKS:** 150

**SUBJECT CODE:** PSY 8X03

**EXAMINERS:**  
1. Ms N Joosub  
2. Ms L Ramalepe

**EXTERNAL EXAMINER:** 1. Dr JK Moodley  
UNISA

**(THIS PAPER CONSISTS OF 2 PAGES)**

---

1. ANSWER ANY **THREE** OF THE FOUR QUESTIONS.
2. ANSWER EACH QUESTION IN A SEPARATE BOOK



***HAND IN THIS QUESTION PAPER, ALONG WITH YOUR ANSWER SHEET.***

|                        |  |
|------------------------|--|
| <b>NAME + SURNAME:</b> |  |
| <b>STUDENT NUMBER:</b> |  |
| <b>VENUE:</b>          |  |
| <b>YOUR TEL NO:</b>    |  |

**SUBJECT:** BA PSYCHOLOGY

**COURSE:** ADULT DEVELOPMENT AND AGING

**QUESTION 1**

- a) Briefly discuss how the brain is organized. Also, discuss the age-related changes that occur in neurons, neurotransmitters and brain structures. In a concluding paragraph outline what do structural brain changes mean for the aging adult. (20)
- b) Discuss the effect of environmental enrichment on neural plasticity in aging humans. Also, discuss the effect of aerobic exercise on cognitive aging. In a concluding paragraph, give your ideas on the implications of the above research for health care policies in South Africa. (30)

**QUESTION 2**

Discuss the relationship between normative brain aging, and information-processing, memory and intellectual functioning during adulthood.

(50)

**QUESTION 3**

In the hit series, Breaking Bad, Walter White is diagnosed with lung cancer and turns to a life of crime producing and selling methamphetamine to secure his family's financial future. Many people every day are diagnosed with inoperable and incurable diseases, leaving their families and themselves struggling with the existential questions of life and death and "letting go". Contrast and explore the end-of-life issues for those dealing with their own death as well as the process for those "survivors" who are faced with the process of grieving following the loss of a loved one. Your discussion should draw on the theory of both Kubler-Ross and of the grieving process. Finally, offer a substantiated opinion as to what you think are the core principles that psychologists should keep in mind when engaging professionally with persons who are dealing with dying and bereavement.

(50)

**QUESTION 4**

You have recently been appointed to the position of the Head of Human Resources at a large firm. The previous Head of Human resources did not do a very good job. She only managed the day to day affairs of the company and did not pay attention to the overall lifespan of the employees.

Of particular concern to the Chief Executive Officer is that no thought has previously been given to helping employees plan for their retirement and leisure when they are finished working for the company. For your first task in this position, she has asked that you draw up a plan to advise and guide those employees who are nearing retirement.

Critically discuss how your plan will guide older employees in planning for their retirement and leisure. Discuss the relevant aspects pertaining to this life stage and suggest a framework for a support program that the company may implement to guide older employees in planning effectively for retirement and leisure. Finally, your plan should be contextualized in an understanding of what constitutes successful aging at this life stage.

(50)

**TOTAL ..... [150]**

---c0c---