

Chapter 1 : The Study of Human Development

Multiple Choice

1. Who is most likely interested in the study of human development?

- a. Dr. Harvey, who studies the brain cells of infants
- b. Dr. Hatfield, who studies eating disorders
- c. Dr. Deal, who studies how political attitudes change with age
- d. Dr. Hersh, who studies elderly patients with Alzheimer's disease

ANSWER: c

2. The nature of the scientific study of human development can best be described as

- a. multidisciplinary.
- b. focused on groups rather than individuals.
- c. nontheoretical.
- d. emphasis on stability over change.

ANSWER: a

3. Which question best captures the spirit of most individuals who study human development with a nature/nurture focus?

- a. How do genes and environmental factors interact in the development of memory processes?
- b. Which human behaviors are determined genetically, and which are determined by environmental factors?
- c. At what age do environmental factors surpass genetic factors as most important in human development?
- d. Which genes are responsible for childhood behavior, and which genes are responsible for adult behavior?

ANSWER: a

4. Which term does not belong in this group?

- a. Experiential
- b. Nurture
- c. Environmental
- d. Hereditary

ANSWER: d

5. Dr. Kim takes a strong nature position with regard to the origins of intellectual disabilities. Therefore, she would most likely hypothesize that her son's intellectual disability (formally known as mental retardation) is due to

- a. her parenting style.
- b. his genes.
- c. his exposure to a toxic chemical prior to birth.
- d. random chance.

ANSWER: b

6. The notion that development is best described in terms of a series of abrupt shifts in behavior best fits with the ____ approach.

- a. nature
- b. nurture
- c. continuity
- d. discontinuity

ANSWER: d

7. When discussing child development, Olaf uses terms like the “terrible 2s” and the “tranquil 3s.” These ideas are most compatible with a ____ view.

- a. context-specificity
- b. hereditary
- c. continuity
- d. discontinuity

ANSWER: d

8. Dr. Fletcher is attempting to determine whether adult criminals were rule breakers throughout their childhood, or whether they suddenly turned to a life of crime. Her research is most concerned with which issue of human development?

- a. Nature versus nurture
- b. Universal versus context-specific development
- c. Biological versus sociocultural forces
- d. Continuity versus discontinuity

ANSWER: d

9. Yacef is interested in determining whether children develop virtually the same way in Algeria as they do in other parts of the world. Yacef’s research deals primarily with the ____ issue of human development.

- a. psychological versus biological forces
- b. universal versus context-specific development
- c. nature versus nurture
- d. continuity versus discontinuity

ANSWER: b

10. Sara believes that memory processes develop the same way in all children. Sara is most likely to support a ____ position regarding human development.

- a. universal
- b. nurture
- c. discontinuous
- d. non-normative

ANSWER: a

11. When Kayla says “It doesn’t matter if they are French, Swedish, or Chinese, kids are

kids,” she is espousing a ____ position concerning human development.

- a. discontinuous
- b. universal
- c. nurture
- d. context-specific

ANSWER: b

12. Sophia notices that children seem to mature socially much faster in Argentina than in the United States. Sophia is most likely to support a ____ position regarding human development.

- a. nature
- b. discontinuous
- c. context-specific
- d. continuous

ANSWER: c

13. Lotte is listening to a lecture in which her professor states, “Genetic and cultural factors are important, but they alone cannot explain the development of human beings.” Lotte’s professor seems to be supporting the

- a. biopsychosocial framework.
- b. position that development is continuous.
- c. notion of universality.
- d. concept of discontinuity.

ANSWER: a

14. Dr. Arantes uses a biopsychosocial framework for understanding human development. Which position is she most likely to endorse on the nature versus nurture issue?

- a. Nature is most important.
- b. Nurture is most important.
- c. Nature and nurture both play important roles in human development.
- d. Neither nature nor nurture is important in the study of human development.

ANSWER: c

15. Because Dr. Jefferson is interested in researching how people of different ages are affected by events, it would be most accurate to say that Dr. Jefferson is most interested in studying ____ forces.

- a. psychological
- b. biological
- c. life-cycle
- d. sociocultural

ANSWER: c

16. When asked why her sister Yvonne ended up in jail, Penny says, “She was always a mean, aggressive person. She really liked hurting people.” Penny is relying on ____ forces

to explain Yvonne's development.

- a. sociocultural
- b. normative age-graded
- c. normative history-graded
- d. psychological

ANSWER: d

17. If you were going to study only psychological influences of human development, you would not research

- a. self-esteem.
- b. the effects of television on development.
- c. the effects of depression on development.
- d. cognitive processes.

ANSWER: b

18. Benoit is interested in studying the effects of various biological forces on human development. Which topic is probably of least interest to him?

- a. Cognition
- b. Brain maturation
- c. Menopause
- d. Exercise

ANSWER: a

19. The field of ____ gives us information about how the four developmental forces interact with each other.

- a. biology
- b. neuroscience
- c. anthropology
- d. sociology

ANSWER: b

20. Which item does not constitute a "psychological force?"

- a. Perception
- b. Intelligence
- c. Personality
- d. Heredity

ANSWER: d

21. Julio is interested in studying how family relationships affect development. Julio is probably most interested in studying ____ influences.

- a. psychological
- b. sociocultural
- c. non-normative
- d. biological

ANSWER: b

22. Daisy and Rose are identical twins who were separated at birth. Daisy was raised in the United States, whereas Rose spent her childhood in Austria. Which force would likely explain most of the differences between their behaviors as teens?

- a. Psychological
- b. Nature-based
- c. Biological
- d. Sociocultural

ANSWER: d

23. Your friend David has decided to start studying human development because he hates studying biology. According to your text, will David find happiness in his new area of interest?

- a. Yes, because he can focus on psychological factors and ignore sociocultural and biological factors.
- b. Yes, but only if he enjoys studying sociocultural factors.
- c. No, because studying biological influences is a necessary component to understanding development.
- d. No, because normative age-graded influences are all biological.

ANSWER: c

24. What is a problem encountered by researchers assessing the effects of sociocultural forces?

- a. The lack of genetic distinction between individuals from different racial backgrounds
- b. Culture appears to have little impact on cognitive development
- c. Changing ethnic labels (e.g., black American to African American)
- d. The inability to apply results to the population being studied

ANSWER: c

25. Which best describes the relationship between biological, psychological, and sociocultural forces in human development?

- a. Unimportant
- b. Interactive
- c. Independent
- d. Non-normative

ANSWER: b

26. Marcelia has been promoted and is moving her family to a new city in a different part of the country. Though four-year-old Fernando is very happy and makes the transition easily, 12-year-old Jorge is unhappy and has a very difficult time adjusting to the move. Both children generally adapt well to change. Which single set of factors best explains the different responses of Fernando and Jorge to the move?

- a. Biological factors
- b. Sociocultural factors
- c. Personality factors

d. Life-cycle factors

ANSWER: d

27. When Alfonso says, "It would have been tough to be a father at age 21, but being one at age 28 is super," he is noting the important role that ____ factors play in human development.

a. biological

b. life-cycle

c. sociocultural

d. psychological

ANSWER: b

28. Which statement best exemplifies the basic premise of life-cycle forces?

a. Biological forces play little role once a person reaches puberty.

b. Unconscious desires are the basis for most human behavior.

c. Early experiences may influence behavior throughout one's development.

d. The forces that influence human behavior are too complex to identify through empirical research.

ANSWER: c

29. Connie is a second-grade teacher who notices that her students behave differently than the fourth-graders during recess. She comes up with several connected ideas to explain why the two groups behave differently. Connie's ideas would best be described as a(n) ____.

a. experiment

b. theory

c. study

d. mesosystem

ANSWER: b

30. A ____ is an organized set of ideas that is designed to explain development.

a. theory

b. prediction

c. correlation coefficient

d. structured observation

ANSWER: a

31. Psychodynamic theories place the least emphasis on the ____ portion of the biopsychosocial framework.

a. life-cycle

b. psychological

c. sociocultural

d. biological

ANSWER: d

32. When asked to explain why children sometimes act violently, Dr. Zylar responds, "Generally speaking, these children are driven by conflicts between what they wish to do and what society wishes them to do." It is most likely that Dr. Zylar would be a proponent of ____ theory.

- a. psychodynamic
- b. social cognitive
- c. ecological
- d. cognitive-developmental

ANSWER: a

33. Mick's biggest challenge in life is to think of his life as satisfactory and that it is worth living (i.e., that he needs to get some satisfaction). According to psychosocial theory, Mick is probably in the ____ stage of life.

- a. young adulthood
- b. adolescence
- c. late life
- d. birth to 1 year

ANSWER: c

34. Who is best associated with psychosocial theory?

- a. Erikson
- b. Bandura
- c. Watson
- d. Freud

ANSWER: a

35. The epigenetic principle is a key component of ____ theory.

- a. social cognitive
- b. ecological
- c. information-processing
- d. psychosocial

ANSWER: d

36. The fact that hope is important in early childhood, that development of identity is most important in adolescence, and that wisdom is most important in late life is an example of

- a. external societal demands.
- b. the epigenetic principle.
- c. naturalistic observation.
- d. identity versus identity confusion.

ANSWER: b

37. What would Erikson say is the stage in life where the biggest challenge involves

committing to another in a loving relationship?

- a. Childhood
- b. Adolescence
- c. Young adulthood
- d. Old adulthood

ANSWER: c

38. The argument that each psychosocial strength has its own special age period of specific importance is the cornerstone of ____ theory of development.

- a. Bandura's
- b. Erikson's
- c. Skinner's
- d. Vygotsky's

ANSWER: b

39. How would Erik Erikson respond to the statement, "A midlife crisis is a normal part of the human life cycle"?

- a. He would agree.
- b. He would disagree and point out that there is no "normal" progression of human development.
- c. He would disagree and point out that "crises" are not a normal part of human development.
- d. He would say nothing since he focused on development between birth and adolescence.

ANSWER: a

40. The basic premise of ____ is that the consequences of a behavior determine the likelihood of the behavior being repeated in the future.

- a. the life-span perspective
- b. the epigenetic principle
- c. universal development
- d. operant conditioning

ANSWER: d

41. After completing his history assignment, Nico is excused from having to wash the dishes, a task he detests. Nico's parents are attempting to use ____ to increase Nico's studying.

- a. positive reinforcement
- b. punishment
- c. extinction
- d. negative reinforcement

ANSWER: d

42. Lynne always wants to go visit her grandparents because when she visits they give her a new toy. The grandparents have ____ her visiting behavior.

- a. reinforced

- b. extinguished
- c. punished
- d. extinguished

ANSWER: a

43. In operant conditioning theory, reinforcement is to punishment as

- a. increasing is to decreasing.
- b. giving is to taking.
- c. unwanted is to wanted.
- d. good is to bad.

ANSWER: a

44. A behavior that is effectively being reinforced will

- a. eventually go away.
- b. increase in frequency.
- c. improve self-esteem.
- d. be imitated by others.

ANSWER: b

45. Zhang is attempting to alter the behavior of his son by controlling the consequences of his son's actions. Zhang is practicing

- a. social learning theory.
- b. negative reinforcement.
- c. operant conditioning.
- d. ecological theory.

ANSWER: c

46. An effective punishment

- a. causes some physical pain.
- b. follows a reinforcer.
- c. reduces the likelihood that a behavior will occur in the future.
- d. eventually becomes ineffective.

ANSWER: c

47. Morticia finds that whenever she talks to her daughter about her obnoxious behavior, the obnoxious behavior increases in frequency. Apparently, Morticia's talks are ____ her daughter's obnoxious behavior.

- a. punishing
- b. reinforcing
- c. suppressing
- d. having no effect on

ANSWER: b

48. Dr. Gauche likes to make fun of student comments in class. She finds that every time

she does this, students make fewer comments the rest of the class period. Apparently, Dr. Gauche's jokes are ____ the students for talking in class.

- a. punishing
- b. negatively reinforcing
- c. positively reinforcing
- d. imitating

ANSWER: a

49. Imitation is most closely related to the concept of

- a. positive reinforcement.
- b. life-cycle forces.
- c. selective optimization.
- d. observational learning.

ANSWER: d

50. Even though Brenda was never reinforced directly for doing so, she increased the frequency of her swearing after she saw her friend Elizabeth get a lot of attention after she swore. This is most likely an example of

- a. observational learning.
- b. operant conditioning.
- c. punishment.
- d. self-efficacy.

ANSWER: a

51. Melissa is doing a study where volleyball players are interviewed about their role on the team and perceived capabilities for playing in Saturday's game. Melissa seems to be assessing the ____ of the volleyball players.

- a. life-cycle forces
- b. exosystems
- c. internal maturational plans
- d. self-efficacy

ANSWER: d

52. Alberto believes he can successfully ski down a steep mountain. Bandura would be most likely to say that Alberto has

- a. reached formal operations.
- b. high self-efficacy.
- c. resolved the industry versus inferiority stage.
- d. been negatively reinforced.

ANSWER: b

53. Mr. Link tries to help his students learn how to be assertive by having them watch how other students can be successful by acting assertively. Mr. Link is using principles of ____ to help his students.

- a. social learning theory

- b. operant conditioning
- c. cognitive-developmental theory
- d. psychosocial theory

ANSWER: a

54. Who would most likely explain a child's maladaptive behavior by saying, "They probably saw some TV character do that"?

- a. Ginger, who is a behaviorist
- b. Gilligan, who is a social learning theorist
- c. Thurston, who is a Freudian theorist
- d. Mary Ann, who is a Piagetian theorist

ANSWER: b

55. Who developed social cognitive theory?

- a. Piaget
- b. Skinner
- c. Bronfenbrenner
- d. Bandura

ANSWER: d

56. Dr. Sefky says: "Sure, reinforcement and punishment are important, but how people interpret reinforcement and punishment is even more important." Given this statement, Dr. Sefky's view is most likely to agree with

- a. operant conditioning.
- b. social cognitive theory.
- c. psychosocial theory.
- d. psychodynamic theory.

ANSWER: b

57. Social cognitive theory and operant conditioning are similar in that they both

- a. view the individual as an active processor of information.
- b. believe that experience is important in determining behavior.
- c. place a greater emphasis on nature than on nurture.
- d. stress discontinuity.

ANSWER: b

58. Whose theory of development is best exemplified by the idea that children construct their own knowledge and this constructed knowledge changes with age/experience?

- a. Piaget
- b. Bronfenbrenner
- c. Erikson
- d. Skinner

ANSWER: a

59. Brandon's developmental psychology teacher believes human development is best conceptualized as progressing discontinuously through several qualitatively different stages of thinking. His instructor is likely a(n)

- a. Piagetian.
- b. social learning theorist.
- c. ecological theorist.
- d. behaviorist.

ANSWER: a

60. What is the correct order of Piaget's stages of development?

- a. Sensorimotor, concrete operational, preoperational, formal operational
- b. Preoperational, formal operational, concrete operational, sensorimotor
- c. Sensorimotor, preoperational, concrete operational, formal operational
- d. Preoperational, sensorimotor, formal operational, concrete operational

ANSWER: c

When describing the development of his son Pitt, Brad says, "The best way to describe it is in terms of a slow computer with a small memory getting faster processor and more storage space." This type of description would suggest that Brad adheres to a(n) ____ approach to development.

61. When describing the development of his son Pitt, Brad says, "The best way to describe it is in terms of a slow computer with a small memory getting faster processor and more storage space." This type of description would suggest that Bra

- a. operant conditioning
- b. ecological theory
- c. Piagetian
- d. information-processing

ANSWER: d

62. Rutger believes that, rather than progressing through a sequence of stages, mental processes gradually get more complex and efficient. Rutger is most likely a proponent of

- a. Piaget's theory.
- b. Kohlberg's theory.
- c. information-processing theory.
- d. Erikson's theory.

ANSWER: c

63. What type of theorist would most likely describe human cognitive development using the analogy of "mental software?"

- a. An information-processing theorist
- b. An Eriksonian
- c. An operant conditioning theorist
- d. A social learning theorist

ANSWER: a

64. Dr. Strauss is a developmental psychologist who is interested in Vygotsky's theory. What sort of forces are probably of most interest to Dr. Strauss?

- a. Biological
- b. Psychological
- c. Life cycle
- d. Sociocultural

ANSWER: d

65. Who would have the least amount of interest in children's thinking?

- a. An information-processing theorist
- b. A Skinnerian theorist
- c. A Vygotskian theorist
- d. A Piagetian theorist

ANSWER: b

66. The biggest difference between Vygotsky's approach to development and that of Piaget and the information-processing approach is that Vygotsky placed more emphasis on

- a. the impact of culture.
- b. stages of development.
- c. thinking.
- d. unconscious thoughts.

ANSWER: a

67. When Dr. Bentley is asked to explain troubled adolescents, she says, "The only way to explain the problems of adolescents is to study them in relation to their parents and the culture that surrounds them." Dr. Bentley is most likely a proponent of ____ theory.

- a. psychodynamic
- b. cognitive developmental
- c. ecological
- d. social cognitive

ANSWER: c

68. Which theorist is best associated with an ecological approach to human development?

- a. Freud
- b. Piaget
- c. Erikson
- d. Bronfenbrenner

ANSWER: d

69. Mary has only one child, one-year-old Shelly, and has stayed home for most of Shelly's life. From an ecological perspective, Mary is best thought of as part of Shelly's

- a. mesosystem.

- b. exosystem.
- c. macrosystem.
- d. microsystem.

ANSWER: d

70. According to ecological theory, the people closest to a developing child represent his or her

- a. microsystem.
- b. macrosystem.
- c. mesosystem.
- d. exosystem.

ANSWER: a

71. Louis discovers that the experiences he has in his developmental psychology class help him to deal with the children he works with at a daycare center. This relationship is best described by Bronfenbrenner's notion of a(n)

- a. mesosystem.
- b. exosystem.
- c. macrosystem.
- d. microsystem.

ANSWER: a

72. A researcher who wants to study how state welfare programs influence parenting behaviors would be primarily studying

- a. microsystems.
- b. exosystems.
- c. mesosystems.
- d. operant conditioning.

ANSWER: b

73. The AIDS epidemic has dramatically influenced dating behavior in the 2000s. From an ecological perspective, this influence is best thought of as part of the culture's

- a. mesosystem.
- b. exosystem.
- c. macrosystem.
- d. microsystem.

ANSWER: c

74. Tina is given a huge salary increase, and now is able to get things for her children that they have always needed and also move into a nicer home. Bronfenbrenner would state that this increase in the mother's salary is an example of the impact of the children's

- a. exosystem.
- b. mesosystem.
- c. macrosystem.
- d. microsystem.

ANSWER: a

75. Matti finds himself unable to adjust to college because he doesn't seem to have the study skills necessary to earn passing grades. Matti's predicament would probably best be explained by

- a. psychosocial theory.
- b. Bronfenbrenner's ecological theory.
- c. the competence-environmental press theory.
- d. Kohlberg's theory of moral development.

ANSWER: c

76. Who is most likely to support a life-span perspective?

- a. Corynne, who believes that childhood is the most important stage of development
- b. Claire, who thinks that to understand adults you must consider prior development
- c. Simone, who agrees with Piaget
- d. Danielle, who agrees with Vygotsky

ANSWER: b

77. Whose theory is best associated with a life-span perspective emphasizing research on adult development?

- a. Bandura
- b. Baltes
- c. Bronfenbrenner
- d. Piaget

ANSWER: b

78. Marcia is 80 years old and is learning how to speak French and play the guitar for the first time. This new skill development is a good example of

- a. multiple causation.
- b. historical context.
- c. plasticity.
- d. multidirectionality.

ANSWER: c

79. Jackson's knowledge of economics has grown over the years, while at the same time, his ability to play hockey has deteriorated. Jackson's experience best exemplifies

- a. multiple causation.
- b. historical context.
- c. plasticity.
- d. multidirectionality.

ANSWER: d

80. Multidirectionality, plasticity, historical context, and multiple causation are all key features of the ____ perspective.

- a. life-span
- b. cognitive-developmental
- c. psychosocial
- d. ecological

ANSWER: a

81. The fact that a teen growing up during the Vietnam War will develop in a different manner than a teen growing up during the Iraq War is best explained in terms of

- a. multidirectionality.
- b. multiple causation.
- c. plasticity.
- d. historical context.

ANSWER: d

82. Lisa is getting ready to apply for graduate school. In order to focus on this goal, she is resigning from her posts as editor of the campus newspaper and president of her sorority. These changes in Lisa's life are an example of

- a. compensation.
- b. elective selection.
- c. loss-based selection.
- d. self-efficacy.

ANSWER: b

83. The selective optimization with compensation model is primarily associated with the ____ perspective.

- a. cognitive-developmental
- b. ecological
- c. psychodynamic
- d. life-span

ANSWER: d

84. Professor Linwood always makes a point of learning the names of all the students in her class. She used to always be able to do this in her head but has recently found that she needs note cards to help her remember. This change in behavior is best described as

- a. loss-based selection.
- b. elective selection.
- c. compensation.
- d. the epigenetic principle.

ANSWER: c

85. Dana studies how individuals' life goals change as people get older and how individuals maintain and enhance these goals. Dana is most likely a proponent of the ____ model.

- a. social cognitive
- b. ecological

- c. epigenetic
- d. selective optimization with compensation

ANSWER: d

86. Orlaith is interested in studying the impact of growing up during the Great Depression on the saving and spending habits of individuals. Orlaith's perspective is best described as a ____ perspective.

- a. life-course
- b. life-span
- c. social cognitive
- d. psychosocial

ANSWER: a

87. Aislinn wonders if the attack on New York on September 11, 2001 will impact the career goals of individuals who were adolescents at the time of the attack. This kind of question is one that best reflects a(n) ____ perspective.

- a. cognitive-developmental
- b. life-course
- c. social cognitive
- d. operant conditioning

ANSWER: b

88. Which research study would you most expect to see from a researcher with a life-course perspective?

- a. The effect of smoking on neurotransmitter systems and memory
- b. How memory processes change from infancy to old age
- c. Growing up in the 1960s, and its influence on drug-taking behavior in middle adulthood
- d. Sex differences in marital satisfaction

ANSWER: c

89. The fact that George is worried about how the recession will impact his current job status is best associated with

- a. individual timing of life events in relation to external historical events.
- b. the synchronization of individual transitions with collective familial ones.
- c. the impact of earlier life events on current conditions.
- d. history determining the outcome of life.

ANSWER: a

90. The notion of "balancing" work and home-life responsibilities is best associated with

- a. individual timing of life events in relation to external historical events.
- b. the synchronization of individual transitions with collective familial ones.
- c. the impact of earlier life events on current conditions.
- d. history determining the outcome of life.

ANSWER: b

91. Patti studies the behavior of preschool children by watching them play at a local daycare center. While doing this, she is careful to find a spot where she will be completely unnoticed by the individuals she is observing. Patti is most likely using a ____ approach to studying the children.

- a. structured observation
- b. correlational
- c. self-report
- d. naturalistic observation

ANSWER: d

92. Carrie is most interested in studying adolescent behavior occurring at a high school prom. Which method is most likely to help her accomplish this goal?

- a. Structured observation
- b. Naturalistic observation
- c. Self-report
- d. Experiment

ANSWER: b

93. Which research method must always occur in a real-life setting?

- a. Experiment
- b. Structured observation
- c. Naturalistic observation
- d. Systematic observation

ANSWER: c

94. Carrie takes notes on the behaviors exhibited by college students attending a frat party. This study would best be described as

- a. longitudinal.
- b. systematic observational.
- c. experimental.
- d. sequential.

ANSWER: b

95. Dr. Lund stages a fire drill at the elementary school in order to study how children respond to potential emergency situations. Dr. Lund's method would best be described as a(n)

- a. structured observation.
- b. naturalistic observation.
- c. self-report.
- d. experiment.

ANSWER: a

96. Dr. Ims studies how children think about television by asking them to answer several

questions related to their television viewing. It is most likely that Dr. Ims's research involves using a(n) ____ method.

- a. naturalistic observation
- b. structured observation
- c. experiment
- d. self-report

ANSWER: d

97. Which method of measuring behavior is most likely to be used in combination with other behavioral measures?

- a. Physiological measures
- b. Self-reports
- c. Naturalistic observation
- d. Sampling behavior with tasks

ANSWER: a

98. Which method of measuring behavior is most effective at directly studying brain activity?

- a. Physiological measures
- b. Self-reports
- c. Naturalistic observation
- d. Sampling behavior with tasks

ANSWER: a

99. Dr. Nuriama is interested in studying the way people spend their time when they are in their own homes alone. Which method is Dr. Nuriama most likely to use for this study?

- a. Physiological measures
- b. Naturalistic observation
- c. Structured observation
- d. Self-reports

ANSWER: d

100. Dr. Simpson's students were rightfully upset when he used very accurate weight scales (assessing the poundage of each pupil) to determine their grades in a developmental psychology class. This is partially because his method of assessment lacked

- a. a sufficient sample size.
- b. reliability.
- c. validity.
- d. the ability to identify practice effects.

ANSWER: c

101. Which word is the best description of the meaning of the term "reliability?"

- a. Ethical
- b. Valid

- c. Cross-sectional
- d. Consistency

ANSWER: d

102. Harold is upset with his grade on his developmental psychology test, and says, "I bet if I would've taken that test at another time I would have done much better." Harold's complaint deals most directly with the questionable ____ of the test.

- a. validity
- b. sample
- c. reliability
- d. population

ANSWER: c

103. Validity is to reliability as

- a. study is to experiment.
- b. cause is to correlation.
- c. positive is to negative.
- d. accuracy is to consistency.

ANSWER: d

104. Which research finding supports the idea that a new intelligence test is valid?

- a. Individuals earn the same score on the test every time they take it.
- b. Individuals score higher on the test when they are older than when they were younger.
- c. Scores on the new intelligence test are correlated with scores on another valid intelligence test.
- d. Most individuals score high on the new intelligence test.

ANSWER: c

105. Which statement is always true?

- a. A population is larger than a sample.
- b. A population consists of a single sample.
- c. A sample is another term for a population.
- d. A sample is a cultural concept while a population is a social concept.

ANSWER: a

106. Virtually all studies done in psychology rely on studying people representative of a larger group. The groups of people who participate in these studies are most commonly known as

- a. samples.
- b. populations.
- c. mesosystems.
- d. independent variables.

ANSWER: a

107. Population is to sample as

- a. small is to large.
- b. reliability is to validity.
- c. micro is to macro.
- d. set is to subset.

ANSWER: d

108. In a correlational study, variables are always studied

- a. as they exist naturally.
- b. after some manipulation.
- c. during an experiment.
- d. at the population level.

ANSWER: a

109. Harvey is interested in doing a study to determine whether or not a statistically significant relationship exists between participating in college athletics and self-efficacy for academic work. Because Harvey is not particularly interested in determining a cause-and-effect relationship, he would be best advised to do a(n) ____ study.

- a. cross-sectional
- b. correlational
- c. experimental
- d. naturalistic observation

ANSWER: b

110. Based on a study that finds that self-esteem is negatively correlated with college grades, which person would you predict would have the highest grades?

- a. Michael, who has very high self-esteem
- b. Davey, who has average self-esteem
- c. Peter, who has very low self-esteem
- d. Lisa, who refuses to answer the study questions

ANSWER: c

111. You read a research article that concludes that the higher a student's self-esteem, the worse he performs in school. This sort of relationship would best be characterized as

- a. a negative correlation.
- b. no relationship.
- c. positive correlation.
- d. cause and effect.

ANSWER: a

112. Which correlation coefficient value indicates the strongest relationship?

- a. -.23
- b. .57
- c. .15
- d. -.82

ANSWER: d

After grading the first exam, your developmental psychology instructor says, "Those students who actually came to class did much better than those of you who showed up once a week." Given this information, you would suspect that the correlation between attendance and grades would be closest to ____.

113. After grading the first exam, your developmental psychology instructor says, "Those students who actually came to class did much better than those of you who showed up once a week." Given this information, you would suspect that the correlation

- a. +.09
- b. + 0.9
- c. + 9.0
- d. + 90.0

ANSWER: b

114. The value of a(n) ____ can range from -1.0 to 1.0.

- a. correlation coefficient
- b. dependent variable
- c. independent variable
- d. sample

ANSWER: a

115. Mario is going to do a correlational study dealing with playing video games and intelligence. Because he is using this particular method, he will not be able to

- a. measure the variables quantitatively.
- b. determine the direction of the relationship between these two variables.
- c. determine the magnitude of the relationship between these two variables.
- d. determine whether changes in one of these variables causes changes in the other.

ANSWER: d

116. Shuntelle is interested in studying the relationship between self-esteem and school grades. She wants to be able to quantify this relationship but wants to avoid any ethical concerns regarding the manipulation of these variables. What sort of method is the best option for Shuntelle?

- a. Correlational
- b. Natural observation
- c. Experiment
- d. Physiological

ANSWER: a

117. If Hamid wants to do one study to determine whether or not playing violent video games causes children to act more aggressively, he would be best served by doing a(n)

- a. experiment.

- b. correlational study.
- c. longitudinal study.
- d. cross-sectional study.

ANSWER: a

118. Zsuzsi is conducting a study to determine whether skateboarding causes a reduction in intelligence. In this experiment, skateboarding is the

- a. control group.
- b. independent variable.
- c. dependent variable.
- d. cohort effect.

ANSWER: b

119. In an experiment designed to determine whether taking vitamin A before attending a social event improves self-esteem, what is the dependent variable?

- a. Vitamin A
- b. The social event
- c. The level of self-esteem
- d. The age of the participants

ANSWER: c

120. Which type of variable is manipulated by an experimenter?

- a. Dependent
- b. Independent
- c. Confounding
- d. Extraneous

ANSWER: b

121. A researcher has a hypothesis that hostility toward women is created by viewing pornography. If the researcher does an experiment to test this, what would be the independent variable?

- a. Scores on a "hostility toward women" scale
- b. Being placed in a control group
- c. The viewing of pornography
- d. The sex of the subjects

ANSWER: c

122. You are doing a study to determine whether smoking nicotine prior to taking a psychology test affects performance on that test. What is the independent variable in your study?

- a. The psychology test
- b. The participants in your study
- c. Smoking nicotine
- d. It depends on where the study is conducted

ANSWER: c

123. In an experiment, the dependent variable is the behavior that is being

- a. manipulated.
- b. controlled.
- c. correlated.
- d. observed.

ANSWER: d

124. A publishing company does a study to determine whether using a study guide for a textbook improves performance on psychology exams. In this study, grades on the psychology exams would constitute the ____ variable.

- a. correlational
- b. independent
- c. manipulated
- d. dependent

ANSWER: d

125. Qualitative research differs from quantitative research because it

- a. is conducted in the laboratory.
- b. seeks to gain an understanding of what governs behavior.
- c. is non-correlational.
- d. relies heavily on statistical analysis.

ANSWER: b

126. Dr. Feldman is studying sibling rivalry. Each of his participants has been assessed every five years since 1970. Dr. Feldman's overall research design is best classified as

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

ANSWER: c

127. You are reading the results of a study that tracked how a particular individual's religious beliefs changed over the course of her life. The study you are reading is most likely a(n) ____ study.

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

ANSWER: a

128. Denise is studying how attitudes toward government change over the course of life by studying one group of people when they are 11, 21, 31, 41, 51, and 61 years old. What kind of design is Denise using?

- a. Sequential
- b. Longitudinal
- c. Cross-sectional
- d. Experiment

ANSWER: b

129. Dr. Mitchell is very interested in how individual participants' behaviors change over time. If she wants to study this, she'll have to do a(n) ____ study.

- a. naturalistic observation
- b. cross-sectional
- c. experimental
- d. longitudinal

ANSWER: d

130. Researchers studying of life satisfaction compared measures of life satisfaction over a 17-year period of time. This is an example of the use of a(n) ____ research design.

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

ANSWER: c

131. Which problem is least associated with longitudinal research?

- a. It is difficult to generalize results to the larger population.
- b. Participants may improve on the tests by taking them multiple times.
- c. It is expensive to keep collecting data on a large number of participants.
- d. Participants may choose not to continue.

ANSWER: a

132. Which researcher is most likely doing a cross-sectional study?

- a. Jim, who is studying several different-aged groups at the same time
- b. Joey, who is using several physiological measures in his study
- c. Jan, who is doing a correlational study
- d. Jody, who is doing an observation of first-graders

ANSWER: a

133. Michael studies developmental differences in extroversion by testing 9-, 19-, 39-, and 59-year-old subjects all at the same time. Michael is performing a(n) ____ study.

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

ANSWER: d

134. The fact that Tatiana likes to listen to the Hives (a 2000s band) and her grandmother prefers listening to Bill Haley and the Comets (a 1950s band) is probably best explained by

- a. age effects.
- b. non-normative factors.
- c. cohort effects.
- d. time-of-measurement effects.

ANSWER: c

135. Smita studies two different cohorts over a 50-year period, testing each subject every five years. Smita is using a ____ design.

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

ANSWER: c

136. Greta wants to do a study on how self-efficacy changes over the life span. Her primary concerns are economic. She needs to do the study in the way that will cost the least in terms of time and money. Given these concerns, she is probably going to be best served doing a(n) ____ study.

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

ANSWER: b

137. The advantage of the ____ design is that it allows a researcher to synthesize data from across numerous studies.

- a. longitudinal
- b. meta-analysis
- c. cross-sectional
- d. qualitative

ANSWER: b

138. Kelly is doing research on the effect of birth order on personality. Rather than collecting data on a new set of subjects, she is analyzing hundreds of studies that have already been done on this topic and is going to attempt to come up with an overall estimate of what all these other studies have found. What sort of study is Kelly doing?

- a. Experiment
- b. Meta-analysis
- c. Correlational
- d. Longitudinal

ANSWER: b

139. Your developmental psychology teacher tells you that part of the course requirement is that you will have to complete a meta-analytic study. This means that it is most likely that you will be collecting data on ____ in order to fulfill this requirement.

- a. adult human subjects
- b. children
- c. previously published research
- d. a variety of human and animal subjects

ANSWER: c

140. Which statement is not consistent with ethical research?

- a. Subject responses should be confidential.
- b. Never tell subjects if they've been deceived.
- c. Minimize risks to subjects.
- d. Give subjects the right to withdraw from the research without penalty.

ANSWER: b

141. According to the American Psychological Association, researchers must

- a. eliminate all risk to participants
- b. minimize risk to participants.
- c. use deception if there are risks to participants.
- d. pay participants if they are put at risk.

ANSWER: b

142. Results from individual research participants should be

- a. confidential.
- b. public.
- c. coded by name.
- d. ignored.

ANSWER: a

143. After completing their study, researchers send a copy of their findings to a scientific journal in hopes of having it published. This reflects which step of the research process?

- a. Developing hypotheses
- b. Analyzing the data
- c. Communicating research results
- d. Applying the results of research

ANSWER: c

144. As a result of reading several research articles on the long-term effects of daycare, a state legislature passes a new law mandating that all daycare providers modify their practices to be in concordance with this research. This action reflects

- a. how research can affect social policy.
- b. the benefits of doing meta-analytic research.
- c. the importance of longitudinal studies.
- d. why correlational research is superior in some ways to experimental research.

ANSWER: a

145. Which statement best reflects the views of the text regarding research in developmental psychology?

- a. Research findings can be important in shaping social policy.
- b. Research findings are useful only to scientists who study the same topics.
- c. Research findings may be interesting to nonscientists, but the information can rarely be used in the real world.
- d. Research in developmental psychology does not make much of a scientific contribution.

ANSWER: a

146. Human development research plays a role in establishing laws and regulations. Which laws or regulations are an example of this?

- a. Traffic violation laws
- b. The Americans with Disabilities Act
- c. The Fair Housing Act
- d. The Social Security Act

ANSWER: b

147. Children's judgments of the emotions depicted in photographs may be less accurate than they would be in real life because the photographs are _____.

- a. animal faces.
- b. faces that are not moving.
- c. black and white.
- d. out dated.

ANSWER: b

True / False

148. The continuity-discontinuity issue concerns whether there is just one path of development or several.

- a. True
- b. False

ANSWER: False

149. If you believe in continuity, you believe that development is best characterized as following a smooth progression.

- a. True
- b. False

ANSWER: True

150. Someone taking a universal stance believes that there is only one path of development.

- a. True

b. False

ANSWER: True

151. The influence of your family on your behavior would be considered a psychological force.

a. True

b. False

ANSWER: False

152. In a life-cycle model, the timing of an event has little influence on the type of impact it has on behavior.

a. True

b. False

ANSWER: False

153. The epigenetic principle provides the basis for psychosocial theory's sequence of stages.

a. True

b. False

ANSWER: True

154. Negative reinforcement increases the future likelihood of the behavior that it follows.

a. True

b. False

ANSWER: True

155. Self-efficacy focuses on a person's beliefs about his or her abilities and talents.

a. True

b. False

ANSWER: True

156. Piaget's theory emphasizes the manner in which children construct knowledge.

a. True

b. False

ANSWER: True

157. Information-processing theory rejects the notion of conceptualizing humans as having mental hardware and software.

a. True

b. False

ANSWER: False

158. Vygotsky emphasized the role of cultural context on human development.

a. True

b. False

ANSWER: True

159. When explaining an individual's behavior, proponents of ecological theory would say that you have to consider factors outside of the child him- or herself.

a. True

b. False

ANSWER: True

160. A mesosystem provides connections across microsystems.

a. True

b. False

ANSWER: True

161. Plasticity refers to the fact that as we develop, some of our skills grow and others decline.

a. True

b. False

ANSWER: False

162. Compensation cannot involve the learning of a new skill.

a. True

b. False

ANSWER: False

163. In a naturalistic observation a researcher creates a setting designed to elicit a response.

a. True

b. False

ANSWER: False

164. A questionnaire is a written form of a self-report.

a. True

b. False

ANSWER: True

165. Determining whether a form of measurement is measuring what it is supposed to be measuring is determining its reliability.

a. True

b. False

ANSWER: False

166. Teenagers would be included in a sample of the population that includes all individuals between ages 5 and 50.

a. True

b. False

ANSWER: True

167. The strength of correlational research lies in its ability to determine cause.

a. True

b. False

ANSWER: False

168. In an experiment, the dependent variable is manipulated.

a. True

b. False

ANSWER: False

169. Longitudinal studies are more cost-effective than cross-sectional studies.

a. True

b. False

ANSWER: False

170. An advantage of cross-sectional studies is that they cannot be influenced by cohort effects.

a. True

b. False

ANSWER: False

171. A meta-analysis involves the synthesis of results from numerous studies.

a. True

b. False

ANSWER: True

172. Outcomes of developmental research can have important implications for social policy.

a. True

b. False

ANSWER: True

Completion

173. The _____ issue involves the degree to which hereditary and environmental influences determine behavior.

ANSWER: nature/nurture

174. A(n) _____ is an organized set of ideas that is designed to explain human development..

ANSWER: theory

175. Erik Erikson is best associated with _____ theory.

ANSWER: psychosocial

176. The belief that each psychosocial strength has its own specific period of importance is based on the _____ principle.

ANSWER: epigenetic

177. A(n) _____ is a consequence that decreases the future likelihood of the behavior that it follows.

ANSWER: punishment

178. In social learning theory, imitation is referred to as _____ learning.

ANSWER: observational

179. _____ theory describes cognition in terms of mental software and hardware.

ANSWER: Information-processing

180. In ecological theory, the _____ consists of the people and objects in an individual's immediate environment.

ANSWER: microsystem

181. According to Bronfenbrenner, the culture in which a person is raised represents his or her _____.

ANSWER: macrosystem

182. The selective _____ with compensation model focuses on the impact of elective selection, loss-based selection, and compensation.

ANSWER: optimization

183. The _____ perspective describes the ways in which various generations

experience the biological, psychological, and sociocultural forces of development in their respective historical contexts.

ANSWER: life-course

184. In a(n) _____ observation study, people are observed as they behave spontaneously in some real-life situation.

ANSWER: naturalistic

185. A subset of a population is called a(n) _____.

ANSWER: sample

186. In an experiment, the experimenter manipulates the _____ variable.

ANSWER: independent

187. A(n) _____ design is the best design to address the limitations of longitudinal and cross-sectional designs.

ANSWER: sequential

Essay

188. A new developmental theory of personality emerges that states that adult personality is markedly different from personality in childhood, is completely determined by the environment, and develops pretty much the same across cultures. Describe the three recurring issues in human development and where this new theory stands in relationship to these three issues.

ANSWER: The nature-nurture issue addresses the degree to which genetic or hereditary influences and experiential or environmental influences determine the kind of person you are. The new developmental theory proposes that only nurture contributes to personality. The continuity-discontinuity issue addresses whether a particular developmental phenomenon represents a smooth progression throughout the life span or a series of abrupt shifts. The new theory supports discontinuity. The universal and context-specific development issue concerns whether there is one path of development or several paths. The new theory supports universal development.

189. Use the biopsychosocial framework to describe four factors that could be important in the development of parenting skills.

ANSWER: The biopsychosocial framework involves four interactive forces: biological, psychological, sociocultural, and life-cycle forces. Biological forces include all genetic and health-related factors that affect development. Biological variables such as an individual's health can influence the development of parenting skills. Psychological forces include all internal perceptual, cognitive, emotional, and personality factors that affect development. Psychological variables such as attitudes about certain types of parenting styles can influence the development of parenting skills. Sociocultural forces include interpersonal, societal, cultural, and ethnic factors that affect development. Sociocultural variables such

as the perceptions of others or our culture can influence the development of our parenting skills. Life-cycle forces reflect differences in how the same event affects people of different ages. Life-cycle variables such as ages can influence the development of our parenting skills. A teen mother is likely to develop a parenting style that differs from a mother in her late thirties.

190. Describe the epigenetic principle and how it might relate to the continuity-discontinuity issue in developmental psychology.

ANSWER: The epigenetic principle is the idea that each psychosocial strength has its own special period of particular importance. During each stage of development, individuals are focusing on particular psychosocial challenges. The epigenetic principle supports the idea of discontinuity because the stages reflect a series of abrupt shifts in our development.

191. Two developmental psychologists are discussing the factors that are important in explaining one's behavior. One is a proponent of operant conditioning, and the other supports a social learning approach. Select a famous person and describe one way these two psychologists may agree and one way they may disagree in their explanation of the celebrity's behavior.

ANSWER: Lindsey Lohan has been in and out of rehab programs for substance abuse problems. The operant conditioning psychologist believes that Lindsey's substance abuse stemmed from the reinforcement she received from early drinking experiences, such as having fun with friends and feeling less inhibited. The social learning psychologist believes that Lindsey's substance abuse stemmed from observational learning because she grew up with a parent who abused alcohol and other substances. Both psychologists may agree that imitating her parent was reinforcing for Lindsey because she viewed herself as similar to this parent.

192. Use the recurring issues in developmental psychology to explain whether you think Vygotsky's theory is more closely related to Piaget's theory or to information-processing theory.

ANSWER: All three theories support discontinuity because they believe that children's thinking becomes more sophisticated as they develop and influences what they are capable of at different times. Both Piaget's and information processing theory support universal development because they believe that individuals come into the world with a set of skills and ready to learn specific tasks. Vygotsky's theory differs from both of these theories because his theory is context-specific and proposes that children's thinking is influenced by the sociocultural context in which children grow up. In the nature-nurture issue, Vygotsky leans more toward nurture because he believed that every aspect of a child's development is influenced by their sociocultural context. Information processing theory falls more on the nature side of the nature-nurture issue because our mental hardware and software influence development. Piaget's theory seems to consider both aspects of nature and nurture because children are born with a set of cognitive skills but responses to their actions can influence development. This factor makes Piaget's theory more closely related to Vygotsky's theory.

193. Define the four levels of the environment as described in Bronfenbrenner's ecological theory. How do these levels relate to the biopsychosocial framework?

ANSWER: The microsystem consists of the people and objects in an individual's immediate environment. The mesosystem provides connections across Microsystems. The exosystem consists of social settings that a person may not experience firsthand but that still influence development. The macrosystem consists of the cultures and subcultures in which the microsystem, mesosystems, and exosystem are embedded. The microsystem is where we would find the biological forces from the biopsychosocial framework influencing development. Psychological forces influence development in both the microsystem and mesosystem. Sociocultural forces influence development at the level of the mesosystem, exosystem, and the macrosystem. Life-cycle forces can influence development at all levels of Bronfenbrenner's ecological approach.

194. Describe four key features of the life-span perspective. How do these features speak to the three recurring issues in developmental psychology?

ANSWER: Multidirectionality states that development involves both growth and decline. For example, people's vocabulary tends to increase throughout life, but their memory skills weaken. Multidirectionality supports nature, discontinuity, and universal development. Plasticity states that one's capacity is not predetermined or carved in stone. Many skills can be learned or improved with practice, even late in life. Plasticity supports nurture, discontinuity, and universal development. Historical context states that each of us develops within a particular set of circumstances determined by the historical time in which we are born and the culture in which we grow up. Historical context supports nurture, context-specific development, and does not address the continuity-discontinuity issue. Multiple causation states that our development is the result of biological, psychological, sociocultural, and life-cycle forces. Multiple causation supports both nature and nurture, context-specific development, and does not address the continuity-discontinuity issue.

195. You are going to do a study of the development of teammate behavior on a college hockey team. Describe the research methods you would use and justify why these methods are most effective in this case.

ANSWER: To study the development of teammate behavior on a college hockey team, one might use a qualitative study because it involves gaining in-depth understanding of human behavior and what governs it. The fact that a college hockey team is a small, focused sample rather than a large random sample makes qualitative research more feasible. Instead of gathering numerative data such as in experimental research, I would use video recordings of games and practices to gather data. Research reports of qualitative research are usually richer and provide more details about the behavior being observed. If my qualitative study revealed specific factors that exist in teammate behavior that could be further studied, I could go on to develop a quantitative research study to take a closer look at those factors. Alternatively, a longitudinal study could be used because it is the most direct way to identify change and examine development over time. The same individuals on the team can be given self-reports which are questionnaires about people's answers to questions about the topic of interest or, in this case, about teammate behavior. The self-reports can be administered at the both the beginning and the end of the hockey season to determine the level of change that may have occurred. One difficulty with longitudinal studies is participant drop-out. However, in the case of a

college team, participants are likely to remain with the team for the entire season.

196. A researcher is going to do a longitudinal study of cognitive development in elementary school-age children. What problems are this researcher going to have that could be avoided if she were to do a cross-sectional study instead?

ANSWER: In a longitudinal study, participants can drop out of the study and repeated testing can distort the results. Neither of these problems would be a factor in a cross-sectional study.

197. A student researcher comes to you for advice regarding ethical guidelines for her study. Describe four guidelines common in professional ethical codes you think would be important for this student to know.

ANSWER: Minimize risks to research participants: Use methods that have the least potential for causing harm or stress. Describe the research to potential participants so that they can determine whether they want to participate. Avoid deception. Results should be anonymous or confidential.

198. Demonstrate understanding of operant conditioning by differentiating between positive reinforcement, negative reinforcement, and punishment.

ANSWER: Positive reinforcement involves giving a reward in order to increase the likelihood of a behavior reoccurring. Negative reinforcement involves taking away something unpleasant in order to increase the likelihood of a behavior reoccurring. Punishment is any consequence that decreases the likelihood of a behavior reoccurring. It can involve giving something unwanted or taking away something wanted.

199. Salem has decided to do a correlational study on the relationship between smoking and lung cancer. How might this research be conducted? What are the major disadvantages of this type of research approach?

ANSWER: In a correlational study, two variables are studied as they exist in the natural world. Thus, a researcher could find data on how many people smoke and how many of those people have lung cancer. The main disadvantage is the inability to determine a cause-effect relationship between smoking and lung cancer.