

Multiple Choice

1. Which of the following theories holds that aging is caused by replicated errors in cells that are intrinsic and predetermined?

- A) Wear-and-tear theory
- B) Error theory
- C) Free radical theory
- D) Programmed aging theory

Answer: D

2. Which theory of aging focuses on developmental changes that occur in the thymus gland?

- A) Programmed aging theory
- B) Cross-linking theory
- C) Immunological theory
- D) Error theory

Answer: C

3. According to Maslow's hierarchy of basic human needs, which of the following represents the correct order of needs, progressing from the most basic, which must be met first, to the more advanced?

- A) Physiological/survival, esteem, belonging/affiliation, safety/security, self-actualization
- B) Physiological/survival, safety/security, belonging/affiliation, esteem, self-actualization
- C) Physiological/survival, safety/security, self-actualization, belonging/affiliation, esteem
- D) Safety/security, physiological/survival, belonging/affiliation, esteem, self-actualization

Answer: B

4. According to Erikson's stage theory of development, which of the following is the developmental crisis of late adulthood?

- A) Ego integrity vs. despair
- B) Generativist vs. ego stagnation
- C) Trust vs. mistrust
- D) Socializing vs. sexualizing

Answer: A

Multiple Response

5. Which of the following are Peck's tasks for older age? Select all that apply.

- A) Valuing wisdom vs. physical powers
- B) Ego differentiation vs. work role preoccupation
- C) Mental flexibility vs. mental rigidity
- D) Body transcendence vs. body preoccupation
- E) Ego transcendence vs. ego preoccupation

Answer: B, D, E

Multiple Choice

6. When you visit your grandmother, she often describes her own and her friends' health problems to you in great detail. Which of Peck's tasks of middle or older age best relates to this behavior?

- A) Ego differentiation vs. work role preoccupation
- B) Mental flexibility vs. mental rigidity
- C) Body transcendence vs. body preoccupation
- D) Ego transcendence vs. ego preoccupation

Answer: C

Short Answer

7. Describe some of the key characteristics of the developmental stage known as *middle age*.

Answer: *Middle age* is a consolidation stage, which for many is a time for intensive reevaluation of self and life. Middle age involves a changing time perspective with the realization that half one's life is over and that one needs to set priorities for the last half of life. Emphasis here is specifically on coping with the physical and psychological implications of impending old age. Depression occurs in some due to the accumulation of

psychologically significant events that occur in this stage. Others have a “last fling” of infidelity to substantiate their sexual prowess and attractiveness. Still others experience an emotional breakdown. However, middle age can be a highly satisfying period of life. Many find new interests, intensify current interests, and set new priorities for the meaningful use of time. For many it is a time of competence and mastery, the prime of life, and a very comfortable time of life.

8. Describe some of the key characteristics of the developmental stage known as *older age*.

Answer: Older age tends to be a time for evaluating one’s life. A major task is to work through a life review—a purposeful, constructive effort to review one’s life and put it into perspective and to cope with cumulating losses that usually occur with advancing age. A sense of personal integrity and the comfort of believing that one’s life was well lived and was generally satisfying are important achievements during this period.