#### THE GROWTH OF SOCIAL GERONTOLOGY

1) The rectangular survival curve:

A) is considered to be the ideal survival curve and is dependent on a fixed maximum lifespan.

B) has become more rectangular over the past century.

C) is not a good representation of changes in worldwide life expectations.

D) both A and B.

Answer: D

2) The oldest-old subgroup:

A) is the slowest growing segment of the U.S. population.

B) has about as much education as younger groups.

C) has the same income as younger groups.

D) is the fastest growing segment of the U.S. population.

Answer: D

3) According to the text:

A) the “young-old” are those individuals aged 50-65.

B) the “old-old” are those aged 65-75.

C) the “oldest-old” are those aged 85+.

D) “old-old” refers to all people age 65+.

Answer: C

4) Which model provides a way to view the interactions between a person and his/her environment?

A) active aging

B) resilience

C) competence model

D) environmental press model

Answer: C

5) In terms of psychological age, which of the following people is the youngest?

A) Michelle, a college graduate at age 17

B) Anne, a secretary at age 25

C) Cathy, a college sophomore at age 48

D) Sarah, a school teacher at age 55

Answer: C

6) The state which has the largest proportion of individuals aged 65 and above is:

A) Florida.

B) Minnesota.

C) Utah.

D) California.

Answer: A

7) The state which has the largest number of individuals aged 65 and above is:

A) Florida.

B) Oregon.

C) Washington.

D) California.

Answer: D

8) The elderly support ratio:

A) assumes the low birth rate will increase.

B) projects that by 2030 there will be 5 working people per retired person.

C) does not take into account that some older people remain in the work force.

D) assumes the population aged 18-65 are in the “working years” .

Answer: C

9) Which of the following is true about educational attainment among the population aged 65+?

A) More white women than white men have college degrees.

B) For African Americans over age 70 years, more men than women completed college.

C) Baby Boomers are more educated than the oldest old.

D) None of the above are true.

Answer: C

10) The term “compression of morbidity” refers to:

A) fewer people dying from disease.

B) functional decline due to disease is avoided.

C) increased life expectancy.

D) illness affecting only the last few years of life.

Answer: D

11) The distinction between active and dependent life expectancy is useful in illustrating:

A) differences between men and women.

B) that not all gains in life expectancy are positive.

C) that most of the gain in life expectancy is a negative gain.

D) the advantages of increased life expectancy for ethnic minorities.

Answer: B

12) A major problem with the cross-sectional research method is that:

A) respondents become test wise.

B) respondent attrition (loss of subjects) can occur over time.

C) cohort effects may emerge rather than the effects of aging.

D) the message of measurement may change over time.

Answer: C

13) Regarding the Gerontological Society of America and its publications,:

A) the Journals of Gerontology deal primarily with the psychology of aging.

B) this organization focuses on elders’ social welfare.

C) this is a national organization of physicians interested in older patients.

D) this organization includes educators, researchers, and clinicians.

Answer: D

14) Which of the following institutions and settings have contributed significantly to the study of aging during the 1950s and 1960s?

A) The Baltimore Longitudinal Study

B) The Alaska Institute of Aging

C) The North Dakota Institute on Aging

D) The New England Centenarian Study

Answer: A

15) A major advantage of longitudinal research designs is that they:

A) allow for practice effects.

B) eliminate cohort effects.

C) allow a distinction between age and time by testing.

D) compare different groups.

Answer: B

16) Which two effects are confounded in cross-sectional research?

A) age and cohort

B) age and time-of-measurement

C) cohort and time-of-measurement

D) cohort and practice

Answer: A

17) Which two effects are confounded in longitudinal research?

A) age and cohort

B) age and time-of-measurement

C) cohort and time-of-measurement

D) cohort and practice

Answer: B

18) Compared with those that drop out, participants that remain in a longitudinal study are generally:

A) more educated.

B) healthier.

C) more motivated.

D) all of the above.

Answer: D

19) A research design that combines cross-sectional with longitudinal design is:

A) cross-sequential.

B) cohort-sequential.

C) time-sequential.

D) selective-sequential.

Answer: A

20) Selective dropout from longitudinal studies results in:

A) poorer test scores with time.

B) healthier and more motivated elders in the final sample.

C) sicker and less educated elders in the final sample.

D) few differences between drop-outs and those who remain.

Answer: B

21) In all organ systems normal declines occur:

A) after age 30.

B) in one’s 5th decade.

C) after a physical trauma.

D) after age 60.

Answer: A

22) Females born in 2006 have an average life expectancy of:

A) 75.4 years.

B) 80.7 years.

C) 84.3 years.

D) 99.5 years.

Answer: B

23) What concept captures how earlier life experiences and decisions affect opportunities in later life?

A) life course

B) person-environment

C) active-aging

D) environmental press

Answer: A

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24) Environmental press is high in an institutional setting where an individual is not responsible for self care.

Answer: FALSE

25) The expansion of research in social gerontology in the late 19th century and early 20th century is due to:

A) the growth of the population over age 65.

B) the need to modify policies for an older population.

C) a mandate by universities and research institutes.

D) both A and B.

Answer: D

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26) In general, the chronological age of most people is consistent with their psychological and biological age.

Answer: FALSE

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27) More older adults today subsist on incomes below the poverty level compared to the late 1950s.

Answer: FALSE

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28) Relocating a frail elder to a nursing home is an example of increased environmental press in Lawton and Nahemow’s model.

Answer: TRUE

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29) Personal competence in the person-environment includes family members’ assistance to the older person.

Answer: FALSE

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30) The study of aging is primarily a study of diseases.

Answer: FALSE

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31) Life expectancy refers to the average years of life one can expect to live, whereas maximum life span refers to the maximum number of years a given species is expected to live.

Answer: TRUE

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32) Genetics appears to be a primary factor in living to be 100+ years old.

Answer: TRUE

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33) Racial crossover effect describes the tendency for Caucasians to live longer than African Americans.

Answer: FALSE

*Page* *Ref:* *20*

34) Today’s cohort of young-old has the same life expectancy, whether they are white or persons of color.

Answer: FALSE

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35) The proportion of people aged 65 and older among ethnic minority groups will increase in the 21st century.

Answer: TRUE

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36) Surveys of the health status of young-old Americans today provide considerable support for compressed morbidity in the future.

Answer: TRUE

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37) Cross-sectional research designs are the best method to determine causation.

Answer: FALSE

*Page* *Ref:* *33*

38) Older people who drop out of longitudinal studies tend to be those who score lower on intelligence tests and are more socially isolated.

Answer: TRUE

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39) Longitudinal studies are currently the most widely used research designs in gerontology.

Answer: FALSE

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40) Sequential designs are particularly useful in studies of cognitive changes with aging.

Answer: TRUE

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41) \_\_\_\_\_\_\_\_ focuses on how to prevent or manage the diseases of aging.

Answer: Geriatrics

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42) \_\_\_\_\_\_\_\_ refers to an individual’s changing roles and relationships with family and friends, in both paid and unpaid productive roles, and within organizations.

Answer: Social aging

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43) \_\_\_\_\_\_\_\_ is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.

Answer: Active aging

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44) In 1900 the average life expectancy at birth in the United States was \_\_\_\_\_\_\_\_ years.

Answer: 47

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45) Females born in the U.S. in 2008 can expect to reach \_\_\_\_\_\_\_\_ years.

Answer: 80.7

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46) Explain the concept of the active aging framework.

Answer: The active aging framework is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age. It shifts our thinking of old age as a time of passivity to one of continued participation in life and that aging is a lifelong process.

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47) Identify the main reason the older population is growing.

Answer: One of the key factors contributing to the growth of older population is longer life expectancy. In 1900, the average life expectancy was 47 years. By 2008, the average life expectancy was 78.1 years.

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48) What is a centenarian, and what have studies found about centenarians and their lives?

Answer: Centenarians are individuals who are over 100 years old. There are a variety of studies on these individuals and they look at both genetic and social factors. Genetic factors determine how well an older person copes with disease, but environmental factors may also influence overall health and functional ability.

49) What can you tell about a population by looking at its population pyramid?

Answer: A population pyramid tells you about a population age composition and gender composition as well as support ratios. It breaks up the population into 10-year cohorts. As the population ages and fewer children are born, the pyramid becomes more column-shaped.

50) Discuss the pros and cons of using longitudinal research design for studying gerontological topics.

Answer: Eliminates cohort effects by studying the same people over time, but does not allow a distinction between age and time of testing, cannot separate effects of other variables and has the potential for practice effects. Attrition and resulting selective dropout can compromise a longitudinal study.