

# Chapter 1 The Growth of Social Gerontology

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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

Diff: 3 Page Ref: 15-16

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

Diff: 2 Page Ref: 16-17

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

Diff: 1 Page Ref: 6

4) Mary is 60-years-old, drives a Corvette, and has a teenage daughter. She would be considered to have a young:

- A) biological age
- B) chronological age
- C) sociocultural age
- D) psychological age

Answer: D

Diff: 1 Page Ref: 4

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

Diff: 2 Page Ref: 4

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

Diff: 1 Page Ref: 26

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

Diff: 1 Page Ref: 26

- 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) decreases as the population ages

Answer: C

Diff: 3 Page Ref: 23

- 9) Educational attainment varies widely among the population aged 65+. Those least likely to have a high school degree are \_\_\_\_\_, those most likely are \_\_\_\_\_.
- A) men/women
  - B) young-old/oldest-old
  - C) Hispanics/non-Hispanic whites
  - D) African Americans/non-Hispanic whites

Answer: C

Diff: 3 Page Ref: 26

- 10) The term "compression of morbidity" refers to:
- A) fewer people dying from disease
  - B) functional decline due to disease is minimized
  - C) years of healthy life expectancy
  - D) illness affecting only the last few years of life

Answer: D

Diff: 3 Page Ref: 28

- 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

Diff: 2 Page Ref: 28

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

Diff: 2 Page Ref: 33

- 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

Diff: 2 Page Ref: 31

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

Diff: 2 Page Ref: 31

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

Diff: 2 Page Ref: 33

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

Diff: 2 Page Ref: 33

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

Diff: 2 Page Ref: 33

18) A valid measure is one that:

- A) yields the same result from repeated measurements
- B) accurately reflects the concept it is intended to measure
- C) is used only in cross-sectional studies
- D) is used only in psychological testing

Answer: B

Diff: 3 Page Ref: 37

19) A researcher wants to determine the range of oral disease among the older population by examining the mouths of all 200 residents of a nursing home. The findings cannot be generalized to all older people because:

- A) the sample is not valid
- B) the data are not reliable
- C) the concept is not correctly measured
- D) the sample is not representative

Answer: D

Diff: 3 Page Ref: 36

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

Diff: 2 Page Ref: 35

- 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  
 Diff: 2 Page Ref: 5
- 22) Females born in 2005 have an average life expectancy of:  
 A) 75.2 years  
 B) 80.4 years  
 C) 89.5 years  
 D) 99.5 years  
 Answer: B  
 Diff: 2 Page Ref: 14
- 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  
 Diff: 2 Page Ref: 8
- 24) Who wrote one of the first textbooks on aging called "The History of Life and Death"?  
 A) Roger Bacon  
 B) Ivan Pavlov  
 C) Nathan Shock  
 D) Adolph Quetelet  
 Answer: A  
 Diff: 2 Page Ref: 29
- 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  
 Diff: 2 Page Ref: 38
- 26) In general, the chronological age of most people is consistent with their psychological and biological age.  
 Answer: FALSE  
 Diff: 1 Page Ref: 4
- 27) More older adults today subsist on incomes below the poverty level compared to the late 1950s.  
 Answer: FALSE  
 Diff: 1 Page Ref: 27
- 28) Relocating a frail elder to a nursing home is an example of increased environmental press in Lawton and Nahemow's model.  
 Answer: TRUE  
 Diff: 3 Page Ref: 9
- 29) Personal competence in the person-environment includes family members' assistance to the older person.  
 Answer: FALSE  
 Diff: 2 Page Ref: 10

- 30) The study of aging is primarily a study of diseases.  
Answer: FALSE  
Diff: 1 Page Ref: 5
- 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  
Diff: 1 Page Ref: 13
- 32) Life expectancy after age 80 in the United States is longer than in Japan and Sweden.  
Answer: TRUE  
Diff: 2 Page Ref: 15
- 33) Racial crossover effect describes the tendency for Caucasians to live longer than African Americans.  
Answer: FALSE  
Diff: 2 Page Ref: 19
- 34) Today's cohort of young-old has the same life expectancy, whether they are white or persons of color.  
Answer: FALSE  
Diff: 1 Page Ref: 14, 24
- 35) The proportion of people aged 65 and older among ethnic minority groups will increase in the 21st century.  
Answer: TRUE  
Diff: 1 Page Ref: 24-25
- 36) Surveys of the health status of young-old Americans today provide considerable support for compressed morbidity in the future.  
Answer: TRUE  
Diff: 2 Page Ref: 28
- 37) Cross-sectional research designs are the best method to determine causation.  
Answer: FALSE  
Diff: 2 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  
Diff: 2 Page Ref: 34
- 39) Longitudinal studies are currently the most widely used research designs in gerontology.  
Answer: FALSE  
Diff: 2 Page Ref: 33
- 40) Sequential designs are particularly useful in studies of cognitive changes with aging.  
Answer: TRUE  
Diff: 2 Page Ref: 35
- 41) \_\_\_\_\_ focuses on how to prevent or manage the diseases of aging.  
Answer: Geriatrics  
Diff: 1 Page Ref: 3

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

Diff: 2 Page Ref: 4

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

Diff: 2 Page Ref: 7

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

Answer: 47

Diff: 2 Page Ref: 13

45) Females born in the U.S. in 2005 can expect to reach \_\_\_\_\_ years.

Answer: 80.4

Diff: 2 Page Ref: 14

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.

Diff: 2 Page Ref: 7

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 2005, the average life expectancy was 77.9 years.

Diff: 2 Page Ref: 13-14

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.

Diff: 2 Page Ref: 18-20

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.

Diff: 2 Page Ref: 20-23

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.

Diff: 2 Page Ref: 15-17