

Chapter 1 QUICK QUIZ

- 1-1. (factual-5) In explaining adult development, psychologists must _____.
a. explain both changes with age and continuities
b. focus primarily on explaining changes with age
c. focus primarily on explaining continuities with age
d. deal most centrally with individual differences in responses to life problems
- 1-2. (factual-8-9) Which of the following groups would be described as a “cohort”?
a. all adults presently with middle-class jobs
b. all unemployed adults
c. all adults who exercise regularly
d. all adults born between 1970 and 1975
- 1-3. (applied-18) If a researcher interviews a group of 20-year-olds, a group of 40-year-olds, and a group of 60-year-olds about their gender role attitudes, this would be an example of which sort of research design?
a. cross-sectional
b. longitudinal
c. time-sequential
d. sequential
- 1-4. (factual-21) The Duke studies of aging involved the selection of separate groups of adults aged 45, 50, 55, 60, and 65. Each group was then retested at 2-year intervals for a total of 6 years. This is an example of what general type of research design?
a. longitudinal
b. panel
c. sequential
d. cross-sectional
- 1-5. (conceptual-19) Which of the following is a major argument in favor of cross-sectional research designs in the study of adulthood?
a. They allow researchers to collect information about age differences on some variable quite rapidly.
b. They allow researchers to answer questions about individual continuity over time.
c. They unconfound age and cohort.
d. They clarify the relationship between age and family life cycle.
- 1-6. (factual-18) Of the following research methods, select the one that studies the same subjects over a period of time, observing whether their responses remain the same or change in systematic ways?
a. sequential
b. experimental
c. cross-sectional
d. longitudinal

- 1-7. (applied-7) Which of the following timing/experience combinations would be likely to create the LEAST stress and disruption, according to the shared experience/social clock model?
- a. the death of your father when you are 60 years old
 - b. retirement because of ill health at age 50
 - c. being fired from your job when you are 40 years old
 - d. becoming a parent for the first time when you are 16 years old
- 1-8. (conceptual-7) In our culture, adults in their early 20s are expected to marry, start families, establish themselves in jobs or careers, and settle themselves in separate households; 45-year-olds are expected to be launching their children into independence, to be reaching the peak of their careers, and to be caring for their own aging parents. Such expectations illustrate which concept?
- a. cohorts
 - b. generations
 - c. shared experiences
 - d. cross-sectional comparisons
- 1-9. (factual-9) Which of the following is a common characteristic of U.S. adults who were young children during the Great Depression of the 1930s, according to Elder's research?
- a. negative effects in adulthood
 - b. a large number of children
 - c. stable careers
 - d. late marriage
- 1-10. (conceptual-27) Which of the following research designs would be the least useful when using a sample population of a typical college freshman class to make comparisons of preretirement and postretirement exercise regimen on positive outlooks?
- a. experimental design
 - b. quasi-experimental design
 - c. correlational design
 - d. surveys

ANSWER KEY: Chapter 1 QUICK QUIZ

1. Answer: a
Page in text: 5
Topic: Basic Concept in Adult Development
Question type: factual; Difficulty level: moderate
2. Answer: d
Page in text: 8–9
Topic: Sources of Change
Question type: factual; Difficulty level: easy
3. Answer: a
Page in text: 18
Topic: Developmental Research
Question type: applied; Difficulty level: easy
4. Answer: c
Page in text: 21
Topic: Developmental Research
Question type: factual; Difficulty level: difficult
5. Answer: a
Page in text: 19
Topic: Developmental Research
Question type: conceptual; Difficulty level: moderate
6. Answer: d
Page in text: 18
Topic: Developmental Research
Question type: factual; Difficulty level: easy
7. Answer: a
Page in text: 7
Topic: Sources of Stability
Question type: applied; Difficulty level: moderate
8. Answer: a
Page in text: 7
Topic: Sources of Change
Question type: conceptual; Difficulty level: difficult
9. Answer: a
Page in text: 9
Topic: Sources of Stability
Question type: factual; Difficulty level: moderate
10. Answer: a
Page in text: 27
Topic: Sources of Stability
Question type: conceptual; Difficulty level: moderate

CHAPTER 1 INTRODUCTION TO ADULT DEVELOPMENT

MULTIPLE CHOICE QUESTIONS

- 1-1. (applied-24–26) Suppose a researcher, using a cross-sectional design, finds that the incidence of depression is highest among young adults and lowest among the elderly. Which of the following is a possible valid interpretation of this result?
- a. It reflects a basic, shared biological change with age.
 - b. It reflects a shared, “age-graded” change resulting from common adult tasks and family life cycles.
 - c. It reflects cohort differences; current young adults experience more stress than the previous generation did.
 - *d. any of the above
- 1-2. (conceptual-7) Which of the following is NOT an example of a potential shared, “age-graded” change in adulthood?
- a. a loss of fitness (e.g., aerobic capacity) beginning in the 30s and 40s and continuing into old age
 - b. an increase in the frequency of contact with siblings between middle age and old age
 - *c. a higher average number of years of education among current 25-year-olds than among current 65-year-olds
 - d. a greater susceptibility to disease among current 65-year-olds than among current 30-year-olds
- 1-3. (conceptual-8–9) For which of the following cross-sectional research findings would you be MOST likely to suspect a “cohort effect” as the primary explanation?
- a. lower bone density among 70-year-olds than among 35-year-olds
 - b. faster recall of lists of words by 20-year-olds than by 60-year-olds
 - *c. higher percentage of blue-collar workers among 50-year-olds than among 30-year-olds
 - d. a lower rate of marital satisfaction among couples in their 30s than among couples in their 50s
- 1-4. (factual-8–9) Which of the following groups would be described as a “cohort”?
- a. all adults presently with middle-class jobs
 - b. all unemployed adults
 - c. all adults who exercise regularly
 - *d. all adults born between 1970 and 1975
- 1-5. (factual-8–9) Which of the following groups would NOT be described as a “cohort”?
- *a. everyone who was once a preschooler with a working mother
 - b. everyone born during the Great Depression of the 1930s
 - c. everyone in high school or college during the Vietnam War protests of the 1960s
 - d. everyone who remembers the day President Kennedy was shot in 1963

- 1-6. (factual-5) In explaining adult development, psychologists must _____.
*a. explain both changes with age and continuities
b. focus primarily on explaining changes with age
c. focus primarily on explaining continuities with age
d. deal most centrally with individual differences in responses to life problems
- 1-7. (conceptual-7) According to the theory about the impact of the social clock of adult life events, which of the following individual patterns is associated with the most upheaval or disruption or personal difficulty—at least for current cohorts?
*a. having your parents both die when you are in your 20s
b. having a first child at age 30
c. receiving your last work promotion at age 40
d. retiring at age 65
- 1-8. (factual-8) What is the term used to describe large social environments where development takes place?
a. cohorts
b. generations
*c. cultures
d. age periods
- 1-9. (factual-7) Experiences linked to age and occurring with most adults are called _____.
a. tribalizations
*b. normative age-graded influences
c. age periods
d. cohorts
- 1-10. (factual-11) Which of the following is a major research technique used in “behavior genetics”?
a. comparisons of individuals from different ethnic groups
*b. comparisons of identical and fraternal twins
c. comparisons of young and old subjects
d. comparisons of males and females
- 1-11. (applied-18) If a researcher interviews a group of 20-year-olds, a group of 40-year-olds, and a group of 60-year-olds about their gender role attitudes, this would be an example of which sort of research design?
*a. cross-sectional
b. longitudinal
c. time-sequential
d. cross-sequential
- 1-12. (conceptual-17–21) If I want to know whether IQ scores tend to remain constant in individuals over the adult years, which of the following research designs should I use to study the question?
a. longitudinal
b. sequential
c. cross-sectional
*d. either a or b

- 1-13. (conceptual-21) If I want to know whether successive cohorts show the same pattern of decline in frequency of close friendships in their 30s, which research design should I use?
- a. time-lag
 - *b. sequential
 - c. longitudinal
 - d. cross-sectional
- 1-14. (conceptual-19) What research design would I need to use to discover if work efficiency or productivity rises, remains constant, or declines over the years from age 20 to age 65?
- a. cross-sectional
 - *b. longitudinal
 - c. time-lag
 - d. either b or c
- 1-15. (factual-21) The Duke studies of aging involved the selection of separate groups of adults aged 45, 50, 55, 60, and 65. Each group was then retested at 2-year intervals for a total of 6 years. This is an example of what general type of research design?
- a. longitudinal
 - b. panel
 - *c. sequential
 - d. cross-sectional
- 1-16. (factual 18) The large-scale research project known as the Midlife in the United States (MIDUS) National Survey included questions pertaining to personal health that was sent out to 7000 participants between the ages of 25 and 74. This type of study in which data is gathered at one time from groups of participants who represent different age groups is an example of what general type of research design?
- *a. cross-sectional
 - b. longitudinal
 - c. sequential
 - d. panel
- 1-17. (applied-24) Suppose I am interested in knowing whether adults who are very introverted at age 20 are still highly introverted at age 50. Which of the following statistical analyses will I be most likely to use?
- a. a comparison of average introversion scores for a sample of adults aged 20 and another sample aged 50
 - b. a comparison of average introversion scores at age 20 and age 50 for the same adults assessed longitudinally
 - c. an analysis of the average amount in introversion between any 2 measurements of the same people over time
 - *d. a calculation of the correlation between scores on the key variable at 2 time points in a group of subjects studied longitudinally between age 20 and age 50
- 1-18. (conceptual-21) What would be the very best research design to determine whether middle-aged adults are really more psychologically “mature” than are young adults?
- a. a longitudinal design, with a large representative sample studied from 20 to 45
 - b. a cross-sectional study in which a large, representative sample of adults of each age from 20 to 45 (e.g., 20-year-olds, 25-year-olds, etc.) is studied once
 - c. the same cross-sectional design as in b, but repeated at 10-year intervals
 - *d. a sequential design in which each age interval is studied longitudinally in more than one cohort

- 1-19. (applied-18–19) After doing a large-scale cross-sectional study, a researcher finds that each successively older group does slightly less well on a test of memory for 10-digit telephone numbers. Which of the following is the best interpretation of this result?
- a. A basic biological change underlies the observed steady reduction of memory skill.
 - b. Cohort differences probably explain at least part of the observed differences, because today's young adults are better educated and more technically sophisticated than their elders.
 - c. The difference reflects level of use or practice of memory skills.
 - *d. Any of the above could be true.
- 1-20. (conceptual 19). Some cross-sectional studies do not use age groups. Instead they use stages in life. Which cross-sectional study would be the most suitable using stages in life?
- *a. Comparing young couples without children to couples who have already had their first child to see the effects of parenthood on marriage.
 - b. Comparing answers to survey questions from men and women aged 35-44 years old
 - c. Comparing a freshman and senior high school student grade point average and athletic ability
 - d. Comparing twins personality inventories every five years
- 1-21. (factual-21) A researcher selects a sample of 65-year-olds and interviews and tests them every 2 years for 14 years. Over these years, some of the subjects die or drop out of the study due to poor health. This phenomenon is referred to as _____.
- *a. selective attrition
 - b. terminal drop
 - c. longitudinal loss
 - d. selective bias
- 1-22. (conceptual-20) A researcher finds in a longitudinal study that her subjects are significantly more open to new experiences at age 50 than they were at 30. This change might reflect _____.
- a. a cohort difference
 - b. age-related change
 - c. a developmental change
 - *d. either b or c
- 1-23. (factual 8) One of the most common instruments to gather data is a personal interview. Which of the following questions/statements might a researcher ask in a structured interview?
- a. If you could have the perfect job, what would it be?
 - b. Describe a time when you communicated some unpleasant news or feelings to a friend. What happened?
 - *c. Would your spouse describe you as a warm fuzzy or a cold prickly?
 - d. Think of a day when you had many things to do and describe how you scheduled your time.

1-24. (factual-21) If I were to select a sample of 30-year-olds, another sample of 40-year-olds, and a third sample of 50-year-olds, test or interview them once, and then test or interview them again 10 years later, this would be an example of what kind of research design?

- a. cross-sectional
- *b. sequential
- c. longitudinal
- d. correlational

1-25. (factual-19) If I select one sample of 30-year-olds and follow them over a decade, interviewing or testing them repeatedly, this would be an example of what kind of research design?

- a. cross-sectional
- b. sequential
- *c. longitudinal
- d. correlational

1-26. (applied 22) Which of the following scenarios best represents a cross-sectional research design?

- *a. A study examines individual political views across a life span. The researcher's hypothesis is that as individual's age, they become more conservative. The researcher randomly selects a sample from various age cohorts, to examine their political views on capital punishment, immigration, and federal spending.
- b. A study examines individual political views across a life span. The researcher's hypothesis is that as individual's age, they become more conservative. The researcher randomly selects a sample from selected high school population and follows them for 50 years.
- c. A study examines the relationship of individual political views and the amount of education they have completed. The researcher's hypothesis is that there is a positive relationship between education and liberal political views.
- d. A study examines how individual political views change between 1981-1991 and 2001-2011.

1-27. (factual-19) If, every 5 years, I study the gender-role attitudes of the same group of individuals, this would be an example of what kind of research design?

- a. cross-sectional
- b. sequential
- *c. longitudinal
- d. correlational

1-28. (factual-18) When researchers compare the behavior or responses of adults in different phases of the family life cycle, this is most like which type of research design?

- *a. cross-sectional
- b. sequential
- c. longitudinal
- d. correlational

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1-29. (factual-18) Of the following research methods, select the one that studies the same subjects over a period of time, observing whether their responses remain the same or change in systematic ways?

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

1-30. (factual-24–25) Which of the following correlation coefficients shows the strongest relationship between the 2 variables entered into the correlation?

- a. $-.35$
- b. $+.70$
- *c. $-.82$
- d. $+.55$

1-31. (applied-7) Which of the following timing/experience combinations would be likely to create the LEAST stress and disruption, according to the shared experiential/social clock model?

- *a. the death of your father when you are 60 years old
- b. retirement because of ill health at age 50
- c. being fired from your job when you are 40 years old
- d. becoming a parent for the first time when you are 16 years old

1-32. (factual-21) A sequential research design includes _____.

- a. 2 or more longitudinal comparisons following different age groups
- *b. 2 or more cross-sectional comparisons taken at different times
- c. at least 2 separate representative samples
- d. both multiple cross-sectional and longitudinal samples

1-33. (conceptual-19) Which of the following is a major argument AGAINST the use of cross-sectional research designs in studying adult development?

- a. They require too much time to collect data.
- b. They typically involve non-representative samples.
- *c. They confound age and cohort.
- d. They do not allow comparisons of sub-groups, such as middle-class and working-class, or black and white.

1-34. (factual-19) If a researcher begins a study of a group of 20-year-olds and then a few years later continues the study on the same group, this would be an example of what type of research design?

- a. cross-sectional
- b. time-sequential
- *c. longitudinal
- d. cohort-sequential

1-35. (applied-19) Using a standard treadmill test, I observe that today's 30-year-olds are more aerobically fit than are today's 60-year-olds. Which of the following is the LEAST plausible explanation of this observation?

- a. Fitness is more highly valued in today's society, so the younger cohort exercises more regularly than the older cohort does now or did when they were 30.
- b. In our society, jobs and lifestyles become more and more sedentary as adults get older. The observed difference thus reflects a genuine change with age, but not an inevitable one.
- c. Inevitable physical changes associated with basic biological aging lie behind the observed difference.
- *d. It is more difficult to test the aerobic capacity of 60-year-olds, so the findings are probably misleading.

1-36. (conceptual-7) In our culture, adults in their early 20s are expected to marry, start families, establish themselves in their jobs or careers, and settle into separate households; 45-year-olds are expected to be launching their children into independence, to be reaching the peak of their careers, and to be caring for their own aging parents. Such expectations illustrate which concept?

- a. cohorts
- b. generations
- *c. shared experiences
- d. cross-sectional comparisons

1-37. (factual-9) Which of the following is a common characteristic of U.S. adults who were young children during the Great Depression of the 1930's, according to Elder's research?

- *a. negative effects in adulthood
- b. a large number of children
- c. stable careers
- d. late marriage

1-38. (factual-4) According to the text, emerging adulthood begins in the age decade of _____.

- *a. the 20s
- b. the 30s
- c. the 40s
- d. the 50s

1-39. (factual-7-9) Which is NOT a major category of influence that helps to explain both the ways we tend to be alike and the ways we tend to be different in our adult journeys?

- *a. biologically influenced change
- b. unique experiences
- c. cultural-cohort effects
- d. shared, age-graded change

1-40. (conceptual-7) Biologically influenced changes in adulthood occur _____.

- a. at the same age in all adults
- *b. at varied ages but in a similar sequence
- c. at varied ages and in varied sequences
- d. at the same age and in the same sequence

- 1-41. (conceptual-7) Which shared developmental change is the most likely to be universal?
- a. retirement at age 65
 - b. negative ageism
 - *c. reduced muscle mass in old age
 - d. young adults leaving home at age 18
- 1-42. (applied-10) Which of the following scenarios is MOST likely a nonnormative life event?
- a. a couple in their 20s first marry then have a child.
 - b. A grandfather of 2 retires at age 65.
 - *c. Two nursing home residents marry at ages 80 and 82.
 - d. A young woman graduates with a bachelor's degree at age 22.
- 1-43. (conceptual-27) Which of the following research designs would be the LEAST useful when using a sample population of a typical college freshman class to make comparisons of *preretirement* and *postretirement* exercise regimen on positive life outlooks?
- *a. experimental design
 - b. quasi-experimental design
 - c. correlational design
 - d. surveys
- 1-44. (applied-24) Three groups of males take a timed reaction test. All the males in Group 1 are aged 20. The males in Group 2 are all aged 40. The males in the last group (Group 3) are all aged 60. The statistic reported to describe the differences in reaction times between groups is each group's mean score. However, this mean score does NOT identify _____.
- a. which group has the fastest reaction times
 - b. a trend for reaction times based on age
 - *c. any individual's reaction time
 - d. the group that would include the best candidates for a job requiring excellent reaction times
- 1-45. (applied-24–25) There is a significant positive correlation between IQ scores and academic performance (grades). Given this statistic, we can reasonably conclude that _____.
- a. low IQ scores and low grades are related
 - b. high IQ scores are a predictor of good grades
 - c. high IQ scores are NOT the established cause of high grades
 - *d. All of the above are reasonable conclusions.

SHORT ANSWER QUESTIONS

- 1-46. List and briefly describe the four most common methods of data collection. Make sure to include the pros and cons of each.
- 1-47. A researcher reports that adults in their forties have fewer close friends than do adults in their twenties. List briefly at least two (three if you can manage it) broad types of explanations for this finding.
- 1-48. Describe and discuss at least two categories of shared, age-graded experiences that can shape adult development.
- 1-49. Briefly describe two of the significant problems with longitudinal design.
- 1-50. There are at least three factors or processes that produce age-graded changes. Briefly list and describe them.

ESSAY QUESTIONS

- 1-51. Explain briefly why differences in the average level of education between older and younger adults might affect our interpretation of age differences in such variables as intellectual performance or work satisfaction.
- 1-52. Compare the advantages and disadvantages of cross-sectional and longitudinal research designs.
- 1-53. Suppose you wanted to know whether adults become more religious in their forties and fifties than they were at earlier adult ages. Briefly describe a study you would design to answer this question.
- 1-54. Describe two different types of sequential research designs and give an example of each—either an example of an actual study, or one you make up.
- 1-55. Design an experiment to test the proposition that older adults gain less (learn less in a given amount of time) from training in some new skill than do younger adults.
- 1-56. What are the advantages of a time-lag design compared to a cross-sectional design?
- 1-57. How can we tell the difference between a cohort effect and a genuine developmental pattern? What kind of evidence do we need to make the distinction?
- 1-58. Describe the major adult age strata present in our culture, and describe the major expectations and responsibilities associated with each stratum.
- 1-59. Describe the difference between shared and non-shared events. Include examples of each.
- 1-60. Explore the concepts of individual difference in terms of stability and change, using either an example from your family or one that you make up from imagination, providing definitions in your own words and applied examples.

1-61. Create an example of a fictitious individual: use that person's chronological age, biological age, psychological age, social age, and functional age to describe them at any point in adulthood that you choose.

1-62. (applied-5). Evaluate the impact of stability and change during your developmental process. Explain, with at least one example each, how the concept of change and stability manifest in your life, and whether you envision a stable theme throughout your life.

1-63. (applied-13). Explain in what ways a person's social age will impact his or her activity level in public places if his or her chronological age is between 60-70 years old. Provide an example that illustrates this impact.