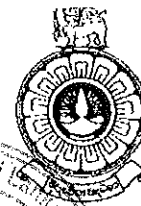
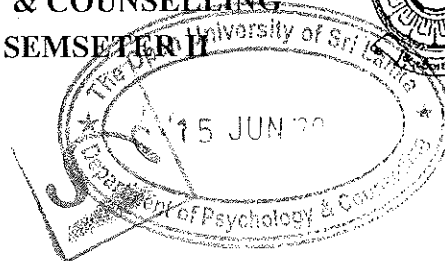


THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2022/2023 – SEMESTER II



BSC HONS IN PSYCHOLOGY
PLU5307 – AGING AND DEATH – LEVEL 5
CONTINUOUS ASSESSMENT TEST – NBT I
DURATION: 1 ½ HOURS



DATE: 15.06.2023

TIME: 9.00am-10.30am

INDEX NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of **8 pages** with **TWO sections**
Section 1: 20 Multiple Choice Questions - (40 Marks)
Section 2: 12 Short Answer Questions - (60 Marks)
- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the **ANSWER SHEET** provided by placing a cross (**X**) in **INK** in the relevant cage (answers in pencil will **NOT** be marked)
- **Short Answer Questions (Section 2):** Write the answer within the space provided.
- Do **NOT** remove any page/part of this question paper from the examination hall.
- Do **NOT** keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 According to Lawrence Kohlberg, in which of the following stages the individuals become aware of the societal norms and legal rules with the progression?
- a Individualism and exchange
 - b Conventional morality
 - c Social contract and individual rights
 - d Universal ethical principle
- 1.2 Different abilities of individuals that help them determine moral behaviour have been identified by theorists. Which of the following is required to perform the decision taken during moral judgement?
- a Ethical sensitivity
 - b Moral judgement
 - c Moral character
 - d Moral motivation
- 1.3 Having more interactions with a member from an 'outgroup' could possibly reduce bias and misconceptions between majority and minority group members. Which of the following theories suggests this idea?
- a Contact hypothesis
 - b Activity theory
 - c Social categorization theory
 - d Socio-emotional selectivity theory
- 1.4 Considering the cognitive changes in old age, which of the following can be identified as a negative change in older adults?
- a weakening taste sensitivity
 - b Loss of neurons
 - c weakening odor
 - d Loss of fluid intelligence
- 1.5 Which of the following best describes the activity theory?
- a Maintenance of social roles and activities that people were engaged in during midlife, will promote successful ageing
 - b Maintenance of physical health during midlife, will promote successful ageing
 - c Maintenance of good health behaviours during midlife, will promote successful ageing
 - d Maintenance of work-life balance during midlife, will promote successful ageing

- 1.6 Old age can be described as a time of growth and a time of loss. Which one of the following theories describe psychosocial changes namely ego integrity versus despair in old age?
- Disengagement Theory
 - Lawrence Kohlberg's Theory
 - Erik Erikson's Theory
 - Socioemotional Selectivity Theory
- 1.7 According to Fowler, which one of the following stages is related to individuals' association with a religious institution, belief system, and the growth of a personal religious or spiritual identity?
- Stage 3: Synthetic vs Conventional Faith
 - Stage 2: Mythic vs Literal Faith
 - Stage 6: Universalizing Faith
 - Stage 5: Paradoxical vs consolidative faith
- 1.8 The process of aging is explained by different theories. Which of the following theories considers aging as a result of a sequential switching on and off of certain genes?
- Immunological Theory
 - Programmed Longevity Theory
 - Wear and Tear Theory
 - Endocrine Theory
- 1.9 Which one of the following statements describes Lawrence Kohlberg's belief on moral development?
- Humans begin their moral development similar to personality development
 - Humans begin their moral development similar to emotional development
 - Humans begin their moral development similar to cognitive development
 - Humans begin their moral development similar to social development
- 1.10 According to previous research, it seems that personality traits can be changed with age. Which of the following has been observed with respect to 'extraversion'?
- Social vitality, a facet of extraversion, seems to decrease between the ages of 60 and 70
 - There was a significant increase in social dominance, a facet of extraversion
 - Social vitality, a facet of extraversion, increases between the ages of 60 and 70
 - Social dominance, a facet of extraversion, decreases up till the age of 40

- 1.11 Individuals' cognitive ability seems to be positively associated with their job performance and the cognitive changes that normally occur with ageing. Accordingly, which of the following can be considered as a positive cognitive change?
- Loss of fluid intelligence
 - Changes in working memory
 - Change in processing speed
 - Crystallisation of intelligence
- 1.12 Different theorists have explained the changes of older adults' social roles in late adulthood. According to the Disengagement theory,
- replacing new roles will help older adults to be happy with their lives.
 - withdrawing from social roles held in midlife occurs in old age and these roles are replaced with new suitable roles.
 - social roles held in the middle age will be continued in old age.
 - withdrawing from social roles occurs in old age.
- 1.13 According to previous research findings, motivation is important for successful and healthy aging. Which of the following can be considered as an intrinsic motivation that can be identified in late adulthood?
- Helping others to get something in return
 - Engage in social activities to gain social acceptance
 - Completing work for money
 - Autonomy
- 1.14 Old age is a period in which individuals experience variation of life-stressors. A theoretical perspective has defined stress as exposure to stimuli appraised as harmful, threatening, or challenging, that exceeds the one's ability to cope. Which of the following the theories suggests this?
- The Emergency theory
 - The Socio-emotional selectivity theory
 - The Transactional theory
 - The Disengagement theory
- 1.15 The strain of the transition from married to widowed may compromise one's physical health and subsequent mortality risk. Which of the following approaches suggests this?
- The Family transitions model
 - The Disengagement theory
 - The Contact hypothesis
 - The Socio-emotional selectivity theory

- 1.16 Research has revealed that there is an increase in disability among older adults in Sri Lanka. Which of the following is identified as the most prevalent condition among Sri Lankan older adults?
- a Speech disability
 - b Blindness
 - c Stroke
 - d Hearing impairment
- 1.17 Previous research studies have found that some social environmental factors can have an effect on the quality of life of older adults. Accordingly, which one of the following can be a significant social environmental element that contributes to their quality of life?
- a Social integration
 - b Identity
 - c Spiritual wellbeing
 - d Self-esteem
- 1.18 Theorists suggest that people tend to categorize individuals in their environments in relation to the social groups that they belong to and identify with. Which of the following theories suggests this?
- a The Activity theory
 - b The Social identity theory
 - c The Socio-emotional selectivity theory
 - d The Contact hypothesis
- 1.19 According to previous research, social support can provide survival benefits to individuals in old age. The support that consists of actual physical assistance, financial assistance, or other assistance useful for solving a problem or answering questions for them can be best describes as
- a emotional support
 - b social support
 - c appraisal support
 - d instrumental support
- 1.20 Individuals tend to perceive their life differently in different stages in their lives. The process of looking at one's life along themes such as childhood, family, health, education, work life, major turning points, experiences with aging and so forth can be identified as
- a self-perception
 - b quality of life
 - c life review
 - d life satisfaction

INDEX NO:

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
1.3				
1.4				
1.5				
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1.18				
1.19				
1.20				

INDEX NO:

SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All questions are compulsory.

2.1 Identify two changes related to nervous system in old age. (5 marks)

- i.
- ii.

2.2 Identify two memory problems in older adults. (5 marks)

- i.
- ii.

2.3 Identify two changes in sensory systems in old age. (5 marks)

- i.
- ii.

2.4 List two positive stereotypes of older adults. (5 marks)

- i.
- ii.

2.5 List two common negative stereotypes of older workers. (5 marks)

- i.
- ii.

2.6 What is “interdependent aging”?

..... (4 marks)

2.7 Define biopsychosocial model of health and illness?

..... (6 marks)

2.8 List three essential domains of quality of life for older adults.

(6 marks)

i.

ii.

iii.

2.9 What is the theory developed by Folkman & Lazarus, (1984) with regard to coping?

..... (5 marks)

2.10 Name two health challenges that older adults experience in old age. (4 marks)

i.

ii.

2.11 What is the personality disorder that is associated with a history of major depression in older adults?

..... (5 marks)

2.12 Identify two challenges that older adults face in their lives with regard to their relationships with others.

(5 marks)

i.

ii.

-----END OF QUESTION PAPER-----