

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2024/2025 – SEMESTER II



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



DATE: 17.07.2025

TIME: 2.00 -3.30 pm

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 Increasing longevity while reducing the number of children in a household has made it difficult to provide adequate support for older adults in Sri Lanka. Which of the following exacerbated this problem?
- a urbanization
 - b Social change
 - c Disability
 - d Change in family structure
- 1.2 Different integrated abilities determine an individual's moral behaviour. Which of the following is necessary for the person to perform the decision taken during moral judgement?
- a Moral motivation
 - b Moral character
 - c Moral judgement
 - d Ethical sensitivity
- 1.3 Which of the following theories suggests that increasing interaction and contact with a member of an "outgroup" may help reduce prejudice and misunderstandings between members of the majority and minority groups?
- a Socio-emotional selectivity theory
 - b Activity theory
 - c Contact hypothesis
 - d Social categorization theory
- 1.4 In old age, individuals may experience a mix of positive as well as negative changes in life. Which of the following can be identified as a negative change in older adults?
- a Weakening odor
 - b Decline in fluid intelligence
 - c Weakening taste sensitivity
 - d Loss of neurons
- 1.5 Several theories have been proposed to explain the changes in older adults' activities and roles in old age. Which of the following statements best describes the activity theory?
- a Maintenance of social roles and activities from 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 Older adults experience gains and losses as part of the aging process. Which of the following theories best describes psychosocial changes, specifically ego integrity versus despair in old age?
- a Socioemotional selectivity theory
 - b Erik Erikson's theory
 - c Family transitions model
 - d Disengagement theory
- 1.7 James Fowler described six stages of faith development and offered a framework for how individuals develop their understanding of faith and spirituality throughout their lifespan. Accordingly, in which of the following stages does a person regard all beings as worthy of compassion and profound understanding?
- a Stage 2: Mythic vs Literal Faith
 - b Stage 3: Synthetic vs Conventional Faith
 - c Stage 4: Indicative vs Reflective Faith
 - d Stage 6: Universalizing Faith
- 1.8 Which of the following theories explains that cell death, tissue death and system failures result from years of damage to cells, tissues, and organs that eventually wear them out and make them damaged beyond repair?
- a Free radicals theory
 - b Wear and tear theory
 - c Programmed longevity theory
 - d Rate of living theory
- 1.9 Lawrence Kohlberg promoted moral development as an internalized value rather than one that depends on external authority. Which of the following statements describes Kohlberg's belief on moral development?
- a Humans begin their moral development similar to cognitive development.
 - b Humans begin their moral development similar to emotional development.
 - c Humans begin their moral development similar to social development.
 - d Humans begin their moral development similar to personality development.
- 1.10 According to previous research, it seems that personality traits can be changed with age. Which of the following has been observed concerning 'neuroticism'?
- a A significant increase in neuroticism in the 50- to 60-year age period.
 - b Increase in neuroticism in later life starting from 60-64 years of age.
 - c A significant decrease in neuroticism in the 40- to 50-year age period.
 - d A decrease in neuroticism in later life starting from 60-64 years of age.

- 1.11 Age-related cognitive changes and job performance seem to be positively correlated with an individual's cognitive ability. Which of the following can be identified as a positive cognitive change in old age?
- a Change in processing speed
 - b Crystallization of intelligence
 - c Changes in working memory
 - d Loss of fluid intelligence
- 1.12 Old age is a time of various stressors. Which of the following best describes taking actions to lessen or eliminate both the causes of stress and its effects on physical and psychological health?
- a Coping
 - b Resilience
 - c Grief
 - d Withdrawing
- 1.13 According to previous research findings, motivation is important for successful and healthy aging. As individuals age, which of the following motivation types tends to decline?
- a Intrinsic motivation
 - b Motivation for affiliation
 - c Extrinsic motivation
 - d Social motivation
- 1.14 According to some theorists, it is normal to withdraw from one's midlife social roles and responsibilities held in later life. This can lead to a more fulfilling life if old roles are replaced with more appropriate ones. Which of the following theories suggests this?
- a Transactional theory
 - b Disengagement theory
 - c Emergency theory
 - d Socio-emotional selectivity theory
- 1.15 One significant social issue related to aging is widowhood. The stress of being widowed after being married may impair one's physical well-being and increase the mortality risk. Which of the following approaches suggests this?
- a Socio-emotional selectivity theory
 - b Disengagement theory
 - c Family transitions model
 - d Contact hypothesis

- 1.16 Studies have indicated an increase in disability among older adults in Sri Lanka. Which of the following conditions is most common among Sri Lankan older adults in Sri Lanka?
- a Hearing impairment
 - b Speech disability
 - c Blindness
 - d physical disability
- 1.17 According to previous studies, quality of life of older adults may be impacted by certain social environmental elements. Accordingly, which of the following can be a significant social environmental element that contributes to their quality of life?
- a Community belonging
 - b Self-esteem
 - c Identity
 - d Spiritual wellbeing
- 1.18 Which of the following theories suggests that individuals tend to categorize persons in their surroundings according to the social groups that they identify with and belong to?
- a Socio-emotional selectivity theory
 - b Activity theory
 - c Social identity theory
 - d Contact hypothesis
- 1.19 Previous studies have shown that social support can help people survive as they age. The support that consists of financial assistance, actual physical assistance, or other assistance useful for resolving an issue or providing them with answers can be best described as
- a instrumental support.
 - b appraisal support.
 - c psychological support.
 - d emotional support.
- 1.20 Individuals often have different perspectives on their lives depending on the developmental stage they are in. Evaluating one's life along themes including childhood, education, health, family, major turning points, work life, experiences with aging and so forth can be described as
- a life satisfaction.
 - b self-perception.
 - c life review.
 - d quality of life.

INDEX NO:

ANSWER SHEET FOR SECTION - I

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
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INDEX NO:

SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All questions are compulsory.

2.1 Briefly explain two (02) changes in sensory systems in old age. (5 marks)

i.

ii.

2.2 Briefly explain the psychological impact of changes in the nervous system in older adults. (5 marks)

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2.3 Briefly explain two (02) changes in language in old age. (5 marks)

i.

ii.

2.4 Briefly discuss “independent aging”? (5 marks)

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2.5 Identify the theory that explains that biological clocks act through hormones to control the pace of aging. (4 marks)

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2.6 Briefly discuss two (02) positive stereotypes of older adults. (5 marks)

i.

ii.

2.7 Explain the biopsychosocial model of health and illness? (6 marks)

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2.8 Identify four (04) essential domains of quality of life for older adults. (8 marks)

- i.
- ii.
- iii.
- iv.

2.9 What is the theory that explains that individuals retiring from work may suffer from role loss?

..... (4 marks)

2.10 Considering older adults' relationships with others, identify two (02) challenges that they experience in their lives, particularly within their family. (5 marks)

- i.
- ii.

2.11 Identify the personality disorder associated with a history of major depression in older adults.

..... (3 marks)

2.12 Identify two (02) health problems that older adults experience due to the changes in the cardiovascular and respiratory systems. (5 marks)

- i.
- ii.

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