

**TEST BANK**

AGING,  
THE INDIVIDUAL,  
AND SOCIETY



Susan M. Hillier | Georgia M. Barrow

# Chapter 1--Aging in America

Student: \_\_\_\_\_

1. Gerontology is the study of the aging process from
  - A. birth to death.
  - B. childhood to late life.
  - C. maturity to old age.
  - D. middle age to retirement.
  - E. retirement to death.
  
2. Gerontologists define aging in terms of
  - A. the number of years since the individual's birth.
  - B. changes that reduce the efficiency of biological organ systems.
  - C. changes in memory, learning, adaptive capacity, personality, and mental functioning.
  - D. social roles, relationships, and the overall context in which we grow old.
  - E. All of these choices.
  
3. Recent research indicate genes account for about \_\_\_\_ of our longevity.
  - A. one-fourth
  - B. one-third
  - C. one-half
  - D. two-thirds
  - E. three-fourths
  
4. "Culturally competent" health care providers
  - A. require the elderly to adapt their values to an institutional environment.
  - B. encourage the elderly to become dependent on their services.
  - C. help the elderly develop personal mastery of their changing environments.
  - D. motivate the elderly to ignore the aging process.
  
5. Geriatrics
  - A. is more multidimensional than gerontology.
  - B. uses a biopsychosocial model.
  - C. helps the elderly gain greater insight into the meaning of life.
  - D. focuses on preventing and managing disease in later life.

6. Which of the following is an example of environmental press?
- A. An elderly woman is swimming in the Senior Olympics.
  - B. An elderly man can no longer cook, clean, or do laundry for himself.
  - C. A group of elderly men and women play cards together once per week.
  - D. An elderly woman serves as a volunteer at the local hospital.
7. All of the following are reasons stated in your text for why elders were accorded high status in early American society EXCEPT
- A. it was a family value to honor older people and one's ancestors.
  - B. because so few people lived into later life, old age was a marker of exclusivity.
  - C. frail elders were viewed as closer to the stage of rebirth as one of God's holy angels.
  - D. because the aged were closer to death, they were believed to serve as mediators between this world and the next.
8. During the classical period, old age was considered
- A. ugly
  - B. a sign of wisdom
  - C. heroic
  - D. beautiful
9. Historically, the status of elderly was related primarily to their
- A. health
  - B. property
  - C. ability to work
  - D. wisdom
10. All of the following were aspects of modernization that contributed to lower status of the elderly EXCEPT
- A. values of equality
  - B. control of property
  - C. increased health technology
  - D. scientific technology
  - E. education
11. Which of the following was an important cause of the change in society's attitudes toward the elderly in the 1800's?
- A. urban and industrial growth
  - B. higher birthrates
  - C. religious freedom
  - D. advances in medicine

12. In the 1930s and 1940s,
- A. older people received little public attention.
  - B. older people were viewed as more independent and capable.
  - C. older people began to be valued for their accumulated knowledge and wisdom.
  - D. responsibility for aging individuals began to be seen as belonging to society as well as the family.
13. Ageism is a
- A. political movement
  - B. religious philosophy.
  - C. prejudice against the aged.
  - D. mark of status.
14. The Detroit syndrome is a term the media has used to refer to the
- A. obsolescence of the knowledge and skills of the older worker.
  - B. older American's preferences for big cars.
  - C. reluctance of older Americans to give up driving their own car.
  - D. willingness of American industry to retrain, rather than replace, older workers.
15. Which of the following illustrate ageism?
- A. keeping one's age a secret
  - B. seniors who forgo senior discounts
  - C. a club that calls itself the "Golden Age" club
  - D. birthday cards that joke about adding another year
  - E. All of these choices
16. Sociogenic aging is based on
- A. chronological age.
  - B. biological age.
  - C. age stereotypes.
  - D. senescence.
17. Gerontologists are most likely to use the \_\_\_\_\_ to understand the political, social, and economic inequities associated with aging.
- A. Detroit syndrome.
  - B. selection for survival.
  - C. critical perspective.
  - D. population pyramid.

18. In colonial America,
- A. youth was exalted.
  - B. young adults held the highest status positions.
  - C. long life was thought of as a "call" to heaven.
  - D. the styles made men and women appear younger.
  - E. people tended to report themselves in the census as younger than they really were.
19. In the late 1700s and 1800s,
- A. the emphasis upon equality enhanced the status of the elderly.
  - B. most of the negative terms for men, such as "old goat" and "geezer" came into general use.
  - C. religious elders gained influence.
  - D. All of these choices.
20. Industrialization in America was significant to the changing status of the aged because
- A. more old people were in demand as employees.
  - B. older persons flocked to cities.
  - C. it freed young people from dependence on their parents' land.
  - D. it made aging more respectable.
21. Gerontophilia means
- A. fear of aging.
  - B. aversion of aging.
  - C. hatred of aged.
  - D. honoring old age.
22. The number and proportion of older people in the U.S. is
- A. gradually declining.
  - B. staying about the same.
  - C. rapidly increasing.
  - D. unknown.
23. The most rapidly growing age group among those over 65 is
- A. 65 to 70
  - B. 70 to 75
  - C. 75 to 80
  - D. 85 and older

24. The "baby-boom generation" refers to those Americans born between
- A. 1915 and 1929
  - B. 1929 and 1945
  - C. 1946 and 1964
  - D. 1964 and 1980
  - E. 1980 and 2000
25. Analysis of population changes from 1990 to 2000 show that Americans age 95 to 99
- A. decreased slightly.
  - B. stayed about the same.
  - C. grew by 50 percent.
  - D. nearly doubled.
26. In 2000, the estimated life expectancy in the United States was
- A. 68
  - B. 72
  - C. 77
  - D. 81
  - E. 85
27. Compared to white males, black males can expect to live
- A. more than 6 years less
  - B. 3 years less
  - C. about the same number of years
  - D. 2 years longer
  - E. more than 5 years longer
28. Analysis of gender differences in life expectancies of Americans shows that
- A. males have longer life expectancies than females at every age, regardless of race and ethnicity.
  - B. females have longer life expectancies than males at every age, regardless of race and ethnicity.
  - C. females are more likely to live to be in their 80s, but males are more likely to live to be centenarians (100 or above).
  - D. the life expectancy of black males is higher than that of black females.
29. "Selection for survival" means that members of a society are selected for survival based on
- A. their resistance to mortal illnesses.
  - B. the nutrition in their diets.
  - C. the amount of exercise they get.
  - D. the amount of stress in their lifestyle.
  - E. the safety of their environment.

30. Americans' increase in life expectancy is due primarily to
- A. increased birthrates.
  - B. improved genetic counseling.
  - C. change in the factors intrinsic to the aging process.
  - D. change in environmental factors that cause death.
31. The leading cause of death of older Americans today is
- A. heart disease
  - B. cancer
  - C. stroke
  - D. pneumonia and flu
  - E. diabetes
32. Men have higher death rates from all causes except
- A. heart disease.
  - B. diabetes.
  - C. cancer.
  - D. suicide.
33. The longevity gap between men and women is explained by differences in
- A. cultural expectations.
  - B. genetic makeup.
  - C. jobs.
  - D. homicide victimization.
  - E. All of these choices
34. A major factor contributing to increases in the proportion of elderly in the United States is
- A. reduced birthrates.
  - B. greater infant mortality.
  - C. more spread of infectious childhood diseases.
  - D. molecular alteration of aging.
35. Due to aging of the baby boom generation and current trends in birth and death rates, the proportion of elderly in the U.S. is projected to be \_\_\_\_ by 2030.
- A. 5 percent
  - B. 10 percent
  - C. 15 percent
  - D. 20 percent
  - E. 30 percent

36. Gains in life expectancy over the last 125 years are due primarily to
- A. increased exercise and lower alcohol and nicotine consumption.
  - B. genetic engineering that has delayed the aging process.
  - C. reduced deaths of young children and mothers in childbirth.
  - D. lower ingestion of high-cholesterol foods.
37. Which of the following are most likely to produce further increases in life expectancy in the U.S.?
- A. alteration of aging at the molecular level
  - B. eliminating cancer, heart disease, and other major killer illnesses
  - C. reaching a near zero population birth rate
  - D. low-risk lifestyles that exclude smoking, alcohol, and high cholesterol foods
38. The region of the U.S. with the largest number of counties with higher than national average proportions of people over 65 is the
- A. Northeast
  - B. Midwest
  - C. South
  - D. Southwest
  - E. West
39. The state with the highest proportion of over-65 elders in the nation is
- A. California
  - B. Florida
  - C. Arizona
  - D. Iowa
  - E. Maine
40. Increased proportions of elderly in the farm belt states is due primarily to
- A. lower-risk life styles of residents of these states.
  - B. in-migration of elders to retirement communities.
  - C. out-migration of young people seeking jobs in cities.
  - D. lower infectious disease rates among their elderly populations.
41. A boxlike shaped population pyramid for a nation would indicate a
- A. small proportion of elderly
  - B. high proportion of elderly
  - C. high birthrate
  - D. high death rate



42. The shape of the population pyramid for a less developed country, such as Nigeria, would
- A. have a large base and a small top
  - B. have a large top and a small base
  - C. have a small base and top but a large middle
  - D. be a box-like shape
43. Social policy is most likely to be directed toward the young if the nation's population pyramid
- A. is box-like
  - B. has a small base and large top
  - C. has a large base and small top
  - D. has a large middle but small base and top
44. A country with zero-population growth will eventually have a population pyramid that
- A. is box-like
  - B. has a small base and large top
  - C. has a large base and small top
  - D. has a large middle but small base and top
45. The old-age dependency ratio is the number of people
- A. over 80 years of age relative to the rest of the population.
  - B. 65 years of age and older relative to the rest of the population.
  - C. 65 years of age and older relative to the working-age population (18-64)
  - D. over 80 years of age relative to the working-age population (18-64)
  - E. over 80 years of age relative to the population ages 65 to 79.
46. Various gerontologists mentioned in your text believe the higher proportion of elderly in the population has or will result in all of the following EXCEPT
- A. higher taxes
  - B. more Social Security and Medicare payments
  - C. growth of the youth cult
  - D. age segregation
  - E. retraining of older employees
47. Belief in social equality was associated with negative views of old age.
- True False
48. The United States appears to be undergoing a shift in cultural values toward lower status for the elderly.
- True False

49. Among the Puritans in early Judeo-Christian America, long life was believed to be the result of God's favor.
- True False
50. Ageism can oppress any age group, young or old.
- True False
51. Ageism is primarily a biological phenomenon.
- True False
52. In the 1800s, the political change brought about by greater emphasis on principles of equality in the Declaration of Independence lowered the status of the aged in America.
- True False
53. A person who fears the aged suffers from gerontophilia.
- True False
54. The proportion of elderly is increasing in the United States but decreasing worldwide.
- True False
55. Life expectancy in the United States consistently increased through the 19<sup>th</sup> and 20<sup>th</sup> centuries.
- True False
56. Half of all women today who are 65 will live to be 85.
- True False
57. The longer a person has lived, the lower their life expectancy.
- True False
58. Current evidence suggests that genes directly determine age at death.
- True False
59. Americans are living longer but they are more frail than their parents and grandparents.
- True False
60. Noninstitutionalized elderly living alone are more likely to be men than women.
- True False

61. The human life span has fixed limits.

True False

62. The longest documented human life span on record is 130.

True False

63. Increases in life expectancy are due to reductions in environmental causes of mortality.

True False

64. Sweden and Japan have virtually achieved zero population growth.

True False

65. In general, the higher the old-age dependency ratio the greater the economic burden of providing for the elderly.

True False

66. How do the emphases of the biological, sociological, psychological, and philosophical perspectives of aging differ?

67. Explain the person-environment approach to aging.

68. Explain and give an example of how differences in historical cohorts can affect old age.
69. What are the problems associated with ageism?
70. Contrast attitudes toward and treatment of the elderly in colonial America with today. Explain why these differences exist.

71. What are the major factors that contribute to a long life?
72. What factors help explain the longevity gap between men and women?
73. Explain how the growing proportion of elderly in the United States may affect the nation economically, politically, residentially, and culturally.

## Chapter 1--Aging in America **Key**

1. Gerontology is the study of the aging process from
  - A. birth to death.
  - B. childhood to late life.
  - C.** maturity to old age.
  - D. middle age to retirement.
  - E. retirement to death.
  
2. Gerontologists define aging in terms of
  - A. the number of years since the individual's birth.
  - B. changes that reduce the efficiency of biological organ systems.
  - C. changes in memory, learning, adaptive capacity, personality, and mental functioning.
  - D. social roles, relationships, and the overall context in which we grow old.
  - E.** All of these choices.
  
3. Recent research indicate genes account for about \_\_\_\_ of our longevity.
  - A. one-fourth
  - B.** one-third
  - C. one-half
  - D. two-thirds
  - E. three-fourths
  
4. "Culturally competent" health care providers
  - A. require the elderly to adapt their values to an institutional environment.
  - B. encourage the elderly to become dependent on their services.
  - C.** help the elderly develop personal mastery of their changing environments.
  - D. motivate the elderly to ignore the aging process.
  
5. Geriatrics
  - A. is more multidimensional than gerontology.
  - B. uses a biopsychosocial model.
  - C. helps the elderly gain greater insight into the meaning of life.
  - D.** focuses on preventing and managing disease in later life.

6. Which of the following is an example of environmental press?
- A. An elderly woman is swimming in the Senior Olympics.
  - B.** An elderly man can no longer cook, clean, or do laundry for himself.
  - C. A group of elderly men and women play cards together once per week.
  - D. An elderly woman serves as a volunteer at the local hospital.
7. All of the following are reasons stated in your text for why elders were accorded high status in early American society EXCEPT
- A. it was a family value to honor older people and one's ancestors.
  - B. because so few people lived into later life, old age was a marker of exclusivity.
  - C.** frail elders were viewed as closer to the stage of rebirth as one of God's holy angels.
  - D. because the aged were closer to death, they were believed to serve as mediators between this world and the next.
8. During the classical period, old age was considered
- A.** ugly
  - B. a sign of wisdom
  - C. heroic
  - D. beautiful
9. Historically, the status of elderly was related primarily to their
- A. health
  - B.** property
  - C. ability to work
  - D. wisdom
10. All of the following were aspects of modernization that contributed to lower status of the elderly EXCEPT
- A. values of equality
  - B.** control of property
  - C. increased health technology
  - D. scientific technology
  - E. education
11. Which of the following was an important cause of the change in society's attitudes toward the elderly in the 1800's?
- A.** urban and industrial growth
  - B. higher birthrates
  - C. religious freedom
  - D. advances in medicine

12. In the 1930s and 1940s,
- A. older people received little public attention.
  - B. older people were viewed as more independent and capable.
  - C. older people began to be valued for their accumulated knowledge and wisdom.
  - D.** responsibility for aging individuals began to be seen as belonging to society as well as the family.
13. Ageism is a
- A. political movement
  - B. religious philosophy.
  - C.** prejudice against the aged.
  - D. mark of status.
14. The Detroit syndrome is a term the media has used to refer to the
- A.** obsolescence of the knowledge and skills of the older worker.
  - B. older American's preferences for big cars.
  - C. reluctance of older Americans to give up driving their own car.
  - D. willingness of American industry to retrain, rather than replace, older workers.
15. Which of the following illustrate ageism?
- A. keeping one's age a secret
  - B. seniors who forgo senior discounts
  - C. a club that calls itself the "Golden Age" club
  - D. birthday cards that joke about adding another year
  - E.** All of these choices
16. Sociogenic aging is based on
- A.** chronological age.
  - B. biological age.
  - C. age stereotypes.
  - D. senescence.
17. Gerontologists are most likely to use the \_\_\_\_\_ to understand the political, social, and economic inequities associated with aging.
- A. Detroit syndrome.
  - B. selection for survival.
  - C.** critical perspective.
  - D. population pyramid.



18. In colonial America,
- A. youth was exalted.
  - B. young adults held the highest status positions.
  - C.** long life was thought of as a "call" to heaven.
  - D. the styles made men and women appear younger.
  - E. people tended to report themselves in the census as younger than they really were.
19. In the late 1700s and 1800s,
- A. the emphasis upon equality enhanced the status of the elderly.
  - B.** most of the negative terms for men, such as "old goat" and "geezer" came into general use.
  - C. religious elders gained influence.
  - D. All of these choices.
20. Industrialization in America was significant to the changing status of the aged because
- A. more old people were in demand as employees.
  - B. older persons flocked to cities.
  - C.** it freed young people from dependence on their parents' land.
  - D. it made aging more respectable.
21. Gerontophilia means
- A. fear of aging.
  - B. aversion of aging.
  - C. hatred of aged.
  - D.** honoring old age.
22. The number and proportion of older people in the U.S. is
- A. gradually declining.
  - B. staying about the same.
  - C.** rapidly increasing.
  - D. unknown.
23. The most rapidly growing age group among those over 65 is
- A. 65 to 70
  - B. 70 to 75
  - C. 75 to 80
  - D.** 85 and older

24. The "baby-boom generation" refers to those Americans born between
- A. 1915 and 1929
  - B. 1929 and 1945
  - C. 1946 and 1964**
  - D. 1964 and 1980
  - E. 1980 and 2000
25. Analysis of population changes from 1990 to 2000 show that Americans age 95 to 99
- A. decreased slightly.
  - B. stayed about the same.
  - C. grew by 50 percent.
  - D. nearly doubled.**
26. In 2000, the estimated life expectancy in the United States was
- A. 68
  - B. 72
  - C. 77**
  - D. 81
  - E. 85
27. Compared to white males, black males can expect to live
- A. more than 6 years less**
  - B. 3 years less
  - C. about the same number of years
  - D. 2 years longer
  - E. more than 5 years longer
28. Analysis of gender differences in life expectancies of Americans shows that
- A. males have longer life expectancies than females at every age, regardless of race and ethnicity.
  - B. females have longer life expectancies than males at every age, regardless of race and ethnicity.**
  - C. females are more likely to live to be in their 80s, but males are more likely to live to be centenarians (100 or above).
  - D. the life expectancy of black males is higher than that of black females.
29. "Selection for survival" means that members of a society are selected for survival based on
- A. their resistance to mortal illnesses.**
  - B. the nutrition in their diets.
  - C. the amount of exercise they get.
  - D. the amount of stress in their lifestyle.
  - E. the safety of their environment.

30. Americans' increase in life expectancy is due primarily to
- A. increased birthrates.
  - B. improved genetic counseling.
  - C. change in the factors intrinsic to the aging process.
  - D.** change in environmental factors that cause death.
31. The leading cause of death of older Americans today is
- A.** heart disease
  - B. cancer
  - C. stroke
  - D. pneumonia and flu
  - E. diabetes
32. Men have higher death rates from all causes except
- A. heart disease.
  - B.** diabetes.
  - C. cancer.
  - D. suicide.
33. The longevity gap between men and women is explained by differences in
- A. cultural expectations.
  - B. genetic makeup.
  - C. jobs.
  - D. homicide victimization.
  - E.** All of these choices
34. A major factor contributing to increases in the proportion of elderly in the United States is
- A.** reduced birthrates.
  - B. greater infant mortality.
  - C. more spread of infectious childhood diseases.
  - D. molecular alteration of aging.
35. Due to aging of the baby boom generation and current trends in birth and death rates, the proportion of elderly in the U.S. is projected to be \_\_\_\_ by 2030.
- A. 5 percent
  - B. 10 percent
  - C. 15 percent
  - D.** 20 percent
  - E. 30 percent

36. Gains in life expectancy over the last 125 years are due primarily to
- A. increased exercise and lower alcohol and nicotine consumption.
  - B. genetic engineering that has delayed the aging process.
  - C.** reduced deaths of young children and mothers in childbirth.
  - D. lower ingestion of high-cholesterol foods.
37. Which of the following are most likely to produce further increases in life expectancy in the U.S.?
- A. alteration of aging at the molecular level
  - B. eliminating cancer, heart disease, and other major killer illnesses
  - C. reaching a near zero population birth rate
  - D.** low-risk lifestyles that exclude smoking, alcohol, and high cholesterol foods
38. The region of the U.S. with the largest number of counties with higher than national average proportions of people over 65 is the
- A. Northeast
  - B.** Midwest
  - C. South
  - D. Southwest
  - E. West
39. The state with the highest proportion of over-65 elders in the nation is
- A. California
  - B.** Florida
  - C. Arizona
  - D. Iowa
  - E. Maine
40. Increased proportions of elderly in the farm belt states is due primarily to
- A. lower-risk life styles of residents of these states.
  - B. in-migration of elders to retirement communities.
  - C.** out-migration of young people seeking jobs in cities.
  - D. lower infectious disease rates among their elderly populations.
41. A boxlike shaped population pyramid for a nation would indicate a
- A. small proportion of elderly
  - B.** high proportion of elderly
  - C. high birthrate
  - D. high death rate

42. The shape of the population pyramid for a less developed country, such as Nigeria, would
- A. have a large base and a small top
  - B. have a large top and a small base
  - C. have a small base and top but a large middle
  - D. be a box-like shape
43. Social policy is most likely to be directed toward the young if the nation's population pyramid
- A. is box-like
  - B. has a small base and large top
  - C. has a large base and small top
  - D. has a large middle but small base and top
44. A country with zero-population growth will eventually have a population pyramid that
- A. is box-like
  - B. has a small base and large top
  - C. has a large base and small top
  - D. has a large middle but small base and top
45. The old-age dependency ratio is the number of people
- A. over 80 years of age relative to the rest of the population.
  - B. 65 years of age and older relative to the rest of the population.
  - C. 65 years of age and older relative to the working-age population (18-64)
  - D. over 80 years of age relative to the working-age population (18-64)
  - E. over 80 years of age relative to the population ages 65 to 79.
46. Various gerontologists mentioned in your text believe the higher proportion of elderly in the population has or will result in all of the following EXCEPT
- A. higher taxes
  - B. more Social Security and Medicare payments
  - C. growth of the youth cult
  - D. age segregation
  - E. retraining of older employees
47. Belief in social equality was associated with negative views of old age.
- TRUE**
48. The United States appears to be undergoing a shift in cultural values toward lower status for the elderly.
- FALSE**

49. Among the Puritans in early Judeo-Christian America, long life was believed to be the result of God's favor.  
**TRUE**
50. Ageism can oppress any age group, young or old.  
**TRUE**
51. Ageism is primarily a biological phenomenon.  
**FALSE**
52. In the 1800s, the political change brought about by greater emphasis on principles of equality in the Declaration of Independence lowered the status of the aged in America.  
**TRUE**
53. A person who fears the aged suffers from gerontophilia.  
**FALSE**
54. The proportion of elderly is increasing in the United States but decreasing worldwide.  
**FALSE**
55. Life expectancy in the United States consistently increased through the 19<sup>th</sup> and 20<sup>th</sup> centuries.  
**TRUE**
56. Half of all women today who are 65 will live to be 85.  
**TRUE**
57. The longer a person has lived, the lower their life expectancy.  
**FALSE**
58. Current evidence suggests that genes directly determine age at death.  
**FALSE**
59. Americans are living longer but they are more frail than their parents and grandparents.  
**FALSE**
60. Noninstitutionalized elderly living alone are more likely to be men than women.  
**FALSE**

61. The human life span has fixed limits.

**TRUE**

62. The longest documented human life span on record is 130.

**FALSE**

63. Increases in life expectancy are due to reductions in environmental causes of mortality.

**TRUE**

64. Sweden and Japan have virtually achieved zero population growth.

**TRUE**

65. In general, the higher the old-age dependency ratio the greater the economic burden of providing for the elderly.

**TRUE**

66. How do the emphases of the biological, sociological, psychological, and philosophical perspectives of aging differ?

Answer not provided.

67. Explain the person-environment approach to aging.

Answer not provided.

68. Explain and give an example of how differences in historical cohorts can affect old age.

Answer not provided.

69. What are the problems associated with ageism?

Answer not provided.

70. Contrast attitudes toward and treatment of the elderly in colonial America with today. Explain why these differences exist.

Answer not provided.

71. What are the major factors that contribute to a long life?

Answer not provided.

72. What factors help explain the longevity gap between men and women?

Answer not provided.

73. Explain how the growing proportion of elderly in the United States may affect the nation economically, politically, residentially, and culturally.

Answer not provided.