



SIR ARTHUR LEWIS COMMUNITY COLLEGE
ACADEMIC YEAR (2024/2025) - SEMESTER TWO
END OF SEMESTER EXAMINATION

COURSE CODE : HEA303
COURSE TITLE : Aging in Today's Society
LECTURER(S) : Edward Emmanuel
DATE : 22 April 2025
TIME : 9:00am – 11:00am
DURATION : 2 hours
STUDENT ID # : _____

GENERAL INFORMATION AND INSTRUCTIONS

- Students must sign **IN** and **OUT** on the examination class list.
- Write your ID number on the question paper.
- This paper has 80 multiple choice questions.
- Circle the correct answer on the question paper.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

Instruction: Answer all questions by circling the most appropriate answer on the question paper.

1. It is the study of the social, cultural, psychological, cognitive and biological aspects of ageing.
 - a) Sociology
 - b) Psychology
 - c) Gerontology
 - d) Entomology
2. Select the common issues that arise as people age :
 - a) Vision loss, hearing loss, dental issues, incontinence, and increased risk for falls
 - b) Impaired gait and memory loss.
 - c) Increased anxiety and financial deficits
 - d) Inaccessible housing and limited access to transportation.
3. It is prejudice or discrimination against people based on their age
 - a) Discrimination
 - b) Ageism
 - c) Harassment
 - d) Bias
4. This aspect has a negative impact on physical and mental health, and reports link it with earlier death (WHO, Nov,2022)
 - a) Alcohol consumption
 - b) Contaminated water
 - c) Ageism
 - d) Marijuana
5. This occurs when an institution perpetuates the condition through its actions and policies:
 - a) Institutional Ageism
 - b) Interpersonal Ageism
 - c) Internalized Ageism
 - d) Gender Bias
6. Viewing older people as out of touch, less productive, or stuck in their ways can be associated with:
 - a) Discrimination
 - b) Lack of respect
 - c) Bias
 - d) Ageism
7. When a person adopts beliefs and applies them to his/herself :
 - a) Institutional Ageism
 - b) Interpersonal Ageism
 - c) Internalized Ageism
 - d) Family belief
8. There are many issues that arise as people age: Select the **least** correct answer.
 - a) Improved vision, and hearing
 - b) Dental issues; incontinence
 - c) Increase risk for falls
 - d) Incontinence

9. This concept typically applies to a certain group of people but can affect young people. It has a negative impact on physical and mental health, and reports link it with earlier death.
- a) Infectious disease
 - b) Tuberculosis
 - c) Ageism
 - d) Tetanus
10. There are several types of Ageism: Circle the **least** correct answer
- a) Institutional
 - b) Interpersonal
 - c) Internalize
 - d) Religious
11. It involves physical, mental, and social changes in an individual life.
- a) Development
 - b) Process
 - c) Aging
 - d) Heal
12. Theories developed from research data attempt to provide explanation on:
- a) Ageing
 - b) Social changes
 - c) Process
 - d) The how and why of Aging
13. It examines how a person's mental, emotional, and social factors, like their attitudes, relationships, and life roles, change and adapt as they age.
- a) Life roles
 - b) Psychosocial perspective of aging
 - c) Social environments
 - d) Growing old
14. This perspective considers how older adults find meaning and purpose in life as they age, and how this impacts their overall well-being.
- a) Peace
 - b) Satisfaction
 - c) Life satisfaction and meaning
 - d) Joy
15. This theory suggests that as people age, they naturally withdraw from social roles and activities, which is considered a normal part of aging
- a) Activity Theory
 - b) Disengagement Theory
 - c) Continuity Theory
 - d) Maslow Theory
16. This theory proposes that older adults maintain well-being by staying active and engaged in social roles and activities
- a) John Snow
 - b) Disengagement Theory
 - c) Activity Theory
 - d) Continuity Theory

17. How a person perceives their own age can significantly influence their behavior. Which term best describes this concept?
- a) Positive Age
 - b) Subjective Age
 - c) Self-Image
 - d) Chronological Age
18. Which of the following factors is most critical for adapting and bouncing back from challenges to promote positive aging?
- a) Resilience
 - b) Social status
 - c) Capacity
 - d) Feeling confident
19. Psychological theories of aging focus on all except
- a) Cognitive
 - b) Emotional
 - c) Personal aspects of growing old
 - d) Unforgiveness
20. Analyze the relationship between one's perception of life as productive and worthwhile and its likely psychological outcome during the declining years. Which of the following best represents this outcome?
- a) Despair
 - b) Dissatisfaction
 - c) Life satisfaction
 - d) Sadness
21. Analyze the following options and determine which one most directly results from the regret of not having accomplished life goals:
- a) Despair
 - b) Poor health
 - c) Poverty
 - d) Greed
22. It can be viewed as the process of growing old not just as a biological phenomenon, but as significantly shaped by social factors except
- a) Cultural norms
 - b) Power dynamics
 - c) Societal expectations
 - d) Childlessness
23. This concept focuses on access to food, healthcare, and social security, as well as protection from discrimination and abuse.
- a) Children
 - b) Rights of older people
 - c) Handicap people
 - d) Abuse individuals
24. To be treated equally regardless of age, race, and gender refers to the
- a) Rights to Impartiality
 - b) Rights to non-discrimination
 - c) Rights of freedom
 - d) Rights to speak

25. A “compassionate” stereotype of aging _____.
a) shows elderly people in an active, positive light.
b) shows the elderly in need but not deserving of help.
c) shows the elderly in need of help and also deserving of help.
d) encourages respect for the accomplishments of older persons.
26. All of the following make it difficult to define “old age” precisely EXCEPT
a) retirement is no longer a life-course transition.
b) people age differently due to the many influences on aging.
c) different cohorts enter later life with different life experiences and attitudes.
d) medical science has improved longevity and health of older people.
27. Children develop stereotypes about elders through all of the following EXCEPT
a) family and social interactions with peers.
b) media influences.
c) instinctual knowledge.
d) school influences
28. Teachers can change children’s attitudes towards old age by
a) explaining that negative stereotypes are wrong.
b) telling them about the physical and mental capabilities of older adults.
c) showing pictures of healthy older adults.
d) providing social research statistics about the elderly.
29. A “reversed stereotype” of the aged-on television shows the aged
a) as passive and lethargic.
b) riding motorcycles, performing modern dances, and having a prolific sex life.
c) regressing instead of progressing.
d) as wise sages.
30. A concept that allows older people to be able to pursue opportunities for the full development of their potential:
a) Self-fulfilment
b) Self-actualization
c) Dignity
d) Care
31. This type of population can put strain on social security systems, healthcare services, and the workforce:
a) An Aging population
b) A youthful population
c) Unemployed
d) Disease affected
32. As people age, the risk of developing chronic diseases increases with conditions like:
a) Heart disease, Cancer, Diabetes, Arthritis, and Dementia
b) Heart Disease, Typhoid fever, Cancer, Diabetes, and Dementia
c) Cancer, Diabetes, Dementia, and Typhoid fever
d) Diabetes, Cancer, Typhoid Fever
33. Select the conditions in which aging increases the risk of chronic conditions:
a) Females below 35
b) Dementia, heart disease, type 2 diabetes, arthritis and cancer
c) Men with low testosterone levels
d) Adults in the workforce

34. Pairing older adults with children to perform school-based tasks produced _____ in children's attitudes about the elderly.
- a) no change
 - b) short-term changes that lasted less than a year
 - c) one-year but less than five-year changes
 - d) long-term (five year) changes
35. All of the following decrease with age EXCEPT
- a) volume of digestive juices
 - b) bladder capacity
 - c) reflex action
 - d) level of sex hormones
36. Which of the following contribute to atherosclerosis?
- a) high cholesterol and blood pressure
 - b) a diet high in refined sugars and saturated fats
 - c) obesity and stress
 - d) All these choices
37. The most common cause of accidental death among the elderly is
- a) automobile accidents.
 - b) burns.
 - c) falls.
 - d) Drowning
38. A chronic condition where the body does not regulate blood sugar properly, is also more common in older adults:
- a) Metabolic disorder
 - b) Type 1 Diabetes
 - c) Type 2 Diabetes
 - d) Hypertension
39. All of the following are believed to be causes of osteoporosis EXCEPT
- a) inadequate diet.
 - b) cigarette smoking.
 - c) lack of vigorous physical activity.
 - d) testosterone deficiency.
40. Exercise for people in late life
- a) contributes to health even if not begun until later life.
 - b) only valuable if it was started at an early age.
 - c) dangerous and risky after the age of 75.
 - d) only beneficial if it is vigorous and aerobic.
41. This lung disease, characterized by airflow obstruction, is also more common in older adults:
- a) Influenza
 - b) Chronic obstructive pulmonary disease (COPD)
 - c) Pneumonia
 - d) Bronchiolitis
42. Studies report what kind of exercise is specifically stated to benefit the elderly?
- a) aerobic
 - b) strength training and flexibility exercises
 - c) bicycling
 - d) tennis

43. This condition which weakens bones and increases the risk of fractures, is common in older adults, particularly:
- a) Men
 - b) Boys
 - c) Women
 - d) Adolescent
44. A slow loss of kidney function overtime is also a common chronic condition in:
- a) Adolescents
 - b) Older Adults
 - c) Weightlifters
 - d) Young Farmers
45. Exposure to certain factors such as pollution can contribute to the development of chronic diseases:
- a) Wastewater
 - b) Sewage
 - c) Environmental factors
 - d) Excessive heat
46. Poor nutrition, lack of physical activity, smoking and excessive alcohol consumption can contribute to the development of chronic diseases. These are referred to as:
- a) Age-related changes
 - b) Genetics
 - c) Environmental factors
 - d) Lifestyle Factors
47. Adopting a healthy lifestyle, including a balanced diet, regular exercise, and avoiding smoking and excessive alcohol consumption, can help prevent or manage chronic diseases:
- a) Lifestyle
 - b) Prevention
 - c) Lifestyle Modifications
 - d) Eating process foods
48. Dementia, including Alzheimer's disease, is a significant concern, involving Age:
- a) cognitive decline and memory loss
 - b) Loss of appetite
 - c) restlessness
 - d) sleep disorder
49. A shortened life is statistically correlated with all of the following EXCEPT
- a) divorce for women.
 - b) an imbalance of work and leisure.
 - c) too little sleep.
 - d) too much sleep.
50. Menopause, in itself, involves all of the following EXCEPT
- a) decreased bodily production of estrogen.
 - b) loss of fertility.
 - c) diminished sexuality.
 - d) symptoms such as hot flashes, genital atrophy, urinary tract changes, and loss of bone density.
51. Dealing with the loss of loved ones can lead to:
- a) grief and emotional distress
 - b) difficulty swallowing
 - c) dancing to music
 - d) poor hygiene practice

52. Grief and loss significantly affect the older person's:
- a) mental health
 - b) outlook on life
 - c) gardening skills
 - d) passion for hobbies
53. This common mental health concern in older adults with symptoms like persistent sadness, loss of interest, and changes in sleep/appetite is termed as:
- a) lack of luster
 - b) boredom
 - c) depression
 - d) exhaustion
54. Which of the following categories of elderly are LEAST likely to be in poverty?
- a) women
 - b) ethnic minorities
 - c) the oldest old
 - d) men
55. The term "house rich, cash poor" implies
- a) that you own a big house
 - b) you have a higher income
 - a) that you have equity in your home, but little money in the bank
 - c) that you are unable to sell your home.
56. Grief and loss significantly affect the older person's:
- a) mental health
 - b) outlook on life
 - c) physical health
 - d) financial status
57. The major source of income of older adults include:
- a) Social Security, private pension, assets, and investments
 - a) Social Security, children assistance, and spouse income
 - b) working income, private pension, and investments
 - c) working income, spouse income, and children assistance
58. The five senses (vision, touch, hearing, smell, and taste) generally
- a) lose their sharpness with age.
 - b) remain stable with age.
 - c) are cyclical over time.
 - d) Increase their sharpness with age.
59. Being unable to remember a phone number given to you orally long enough to dial the number illustrates a failure of
- a) primary memory
 - b) working memory
 - c) secondary memory
 - d) tertiary memory
60. Older adults may experience limitations in their ability to perform activities of daily living, except :
- a) Bathing
 - b) Eating
 - c) Dressing
 - d) Outdoor Trips

61. They are a major cause of injury and death in older adults, leading to fractures, head injuries, and other problems:
- sitting on a chair
 - Falls and Injury
 - resting in a hammock
 - Having afternoon tea.
62. They are common in older adults and can impact their ability to communicate, participate in social activities, and maintain independence:
- poor gut health
 - lack of bladder control
 - difficulty swallowing
 - Hearing and vision impairment
63. How do social exclusion and discrimination contribute to health disparities in marginalized groups?
- They primarily affect mental health through temporary stress.
 - They limit access to resources like housing and education, creating cumulative health risks.
 - Their impact is negligible compared to genetic factors.
 - They only influence infectious disease transmission.
64. Which scenario best illustrates the interplay between social engagement and psychological well-being in successful aging?
- An older adult who volunteers at a community center, reports high life satisfaction, and maintains close friendships
 - An older adult who exercises alone daily but rarely interacts with others
 - An older adult who lives independently but avoids social activities
 - An older adult who relies solely on family for support and does not participate in community events
65. Maintaining good health through preventive measures and addressing health issues promptly, can result in:
- Low risk of disease
 - Low risk of disability
 - Low risk of injury
 - Low risk of disease and disability
66. Staying mentally and physically active through exercise, learning new skills, and engaging in stimulating activities best promotes which activity?
- High physical
 - Cognitive function
 - (c) Emotional well-being
 - (d) High physical and cognitive function
67. Practicing stress management, maintaining a positive outlook, and fostering strong social connections enables the older person to achieve optimal ____.
- mental and emotional well-being
 - emotional well-being
 - mental well- being
 - functioning
68. If a community program aims to promote productive aging, which of the following strategies would most effectively address both individual and societal benefits?
- Providing only medical check-ups for older adults
 - Limiting social activities to family gatherings
 - Older adults work with intergenerational workplace policies
 - Focusing solely on physical exercise classes

69. When analyzing factors that contribute to successful aging, why is social support considered a mediating factor for health outcomes?
- It only provides emotional comfort
 - It is less important than genetics
 - Improves physical health and manage chronic illness
 - It only affects those with existing health conditions
70. An older adult maintains high cognitive function, participates in social clubs, and adapts positively to life changes. Which domains of successful aging are most directly reflected in this example?
- Only physical, emotional health and independence
 - Economic status and family support
 - Only avoidance of disease and death
 - Cognitive function, social engagement, psychological adaptation
71. How do socioeconomic factors like income and education contribute to health disparities, according to the social determinants of health framework?
- They influence health outcomes by shaping living conditions, access to resources, and stress levels.
 - They only affect access and equity of all the aspects of healthcare services.
 - They have no significant impact on health disparities.
 - They primarily affect mental health through stress.
72. Which of the following is not a measure of fluid intelligence?
- Spatial orientation
 - Verbal meaning
 - Abstract reasoning
 - Word fluency
73. Which of the following is not a measure of crystallized Intelligence?
- Word association
 - Social judgment
 - Inductive reasoning
 - Number skills
74. What factors affect intelligence and learning?
- Biology
 - Structural changes
 - Education
 - Non-verbal ability
75. The theory suggests that as people age, they naturally withdraw from social roles and activities, which is considered a normal part of aging:
- Activity theory
 - Disengagement theory
 - Continuity theory
 - Maslow Hierarchy of Needs Theory
76. This theory proposes that older adults maintain well-being by staying active and engaged in social roles and activities:
- Disengagement theory
 - Activity theory
 - Maslow theory
 - Continuity theory
77. Which group's rights are most closely associated with the "golden standard" that includes access to food, healthcare, and social security, as well as protection from discrimination and abuse?
- Blind clients
 - Rights of the Older Persons
 - Amputees
 - Mentally challenged individuals

78. In St. Lucia the rights of older persons are protected by the:
- a) The Public health regulations
 - b) the Bureau of Health education
 - c) National Policy for Older Persons
 - d) National insurance cooperation
79. According to the United Nations Principles for Older Persons, older individuals should be able to live in environments that are characterized by which of the following, EXCEPT:
- a) Living in environments that are safe and adaptable to personal preferences.
 - b) Residing in their own home for as long as possible.
 - c) Having their personal preferences respected.
 - d) Being forced to accept what the family wants against their wishes.
80. Which of the following is the least correct or recognized form of ageism?
- a) Institutional
 - b) Interpersonal
 - c) Internalized
 - d) Religious

END OF EXAMINATION