CHAPTER 1: THE GROWTH OF SOCIAL GERONTOLOGY

Chapter Outline

I. The Field of Gerontology
   A. Social Gerontology
   B. What is Aging?
   C. An Active Aging Framework
   D. A Person-Environment Perspective on Social Gerontology
   E. Organization of the Text
   F. Why Study Aging?

II. Growth of the Older Population
   A. Changes in Life Expectancy
   B. Maximum Life Span
   C. Centenarians

III. The Oldest-Old
   A. Ages 85 and Older
   B. Population Pyramids

IV. Support Ratios

V. Population Trends
   A. Elders of Color
   B. Geographic Distribution
   C. Educational and Economic Status

VI. Impact of Demographic Trends

VII. Longevity in Health or Disease?

VIII. How Aging and Older Adults Are Studied
   A. Development of Gerontology as a Specific Discipline
   B. Formal Development of the Field
   C. Major Research Centers Founded

IX. Research Methods
   A. The Age/Period/Cohort Problem
   B. Cross-Sectional Studies
   C. Longitudinal Studies: Design and Limitations
   D. Sequential Designs
   E. Problems with Representative Samples of Older Persons in Research

X. Summary

Chapter Summary

Chapter 1 introduces the field of gerontology, which addresses social, psychological, physical, and demographic concerns related to aging. The person-environment perspective provides a backdrop in which to study issues relevant to aging. Due to an increasing interest in understanding the process of aging and the changing U.S. and global demographics, gerontology is a growing field. More and more people in the U.S. are living beyond age 65 or even 85, with these “oldest old” as the fastest growing age group among Americans. Of special interest are centenarians, those aged 100 years and older, and the information they can provide about the role
of genetics and environment on aging. The population of older adults in the U.S. is also becoming more ethnically diverse, although elders of color generally have a lower life expectancy due to health and economic disparities. The growth of the older population has raised questions as to whether our nation is prepared to meet the health care and social service needs of this group and their families.

Given the growth in the number of older adults, society needs to address the public policy issues related to aging, including assessing the appropriateness of current policy and exploring innovative policy to meet the changing needs of older adults. Professional groups have organized researchers, practitioners, and policy makers interested in gerontology and geriatrics. Researching policy and social issues related to aging poses some challenges to gerontologists. An important research question centers on being able to distinguish age differences from cohort differences. Improvements in gerontological research, such as the use of longitudinal studies and sequential designs and the inclusion of elders of color as research participants, have been made, but more exploration is needed.

**Learning Objectives**

*After reading chapter 1 the student should be able to:*

1. Define aging, gerontology, social gerontology, and geriatrics
2. Describe the active aging framework and the person-environment perspective
3. Understand reasons for studying social gerontology and the development of the field
4. Discuss the important demographic trends affecting the U.S.
5. Illustrate life expectancy, life span, and longevity in terms of health and disease
6. Explain research methods and designs for studying older adults as well as the importance of representative sample for social gerontological research

**Key Terms and Key People**

*Active Aging:* a model of viewing aging as a positive experience of continued growth and participation in family, community, and societal activities, regardless of physical and cognitive decline (p. 7)

*Active versus Dependent Life Expectancy:* a way of describing expected length of life; the term active denoting a manner of living that is relatively healthy and independent, in contrast to being dependent on help from others (p. 30)

*Ageism:* negative attitudes, beliefs, and conceptions of the nature and characteristics of older persons that are based on age that distort their actual characteristics, abilities, etc. (p. 1)

*Aging:* changes that occur to an organism during its life span, from development to maturation to senescence (p. 6)

*Baltimore Longitudinal Study of Aging:* a federally funded longitudinal study that has examined physiological, cognitive, and personality changes in healthy middle-aged and older men since 1958, and in women since 1978 (p. 32)
Cohort: a group of people of the same generation sharing a statistical trait such as age, ethnicity, or socioeconomic status (for example, all African American women between the ages of 60 and 65 in 1999) (p. 6)

Competence Model: a conception or description of the way persons perform, focusing on their abilities vis-à-vis the demands of the environment (p. 9)

Compression of Morbidity: given a certain length of life, a term referring to relatively long periods of healthy, active, high-quality existence and relatively short periods of illness and dependency in the last few years of life (p. 29)

Cross-Sectional Research: research that examines or compares characteristics of people at a given point in time and attempts to identify factors associated with contrasting characteristics of different groupings of people (p. 31)

Environmental Press: features of the social, technological, or natural environment that place demands on people (p. 10)

Geriatrics: clinical study and treatment of older people and the diseases that affect them (p. 3)

Gerontology: the field of study that focuses on understanding the biological, psychological, social, and political factors that influence people’s lives (p. 3)

Life Expectancy: the average length of time persons, defined by age, sex, ethnic group, and socioeconomic status, in a given society are expected to live (p. 15)

Life Course: a broader concept than individual life span development that takes account of cultural, historical, and societal contexts that affect people as they age (p. 8)

Longitudinal Research: research that follows the same individual over time to measure change in specific variables (p. 31)

Maximum Life Span: biologically programmed maximum number of years that each species can expect to live (p. 17)

Person-Environment (P-E) Perspective: a model for understanding the behavior of people based on the idea that persons are affected by personal characteristics, such as health, attitudes, and beliefs, as they interact with and are affected by the characteristics of the cultural, social, political, and economic environment (p. 9)

Resilience: capacity to overcome adversity, in part due protective personal, family, community, and societal factors (p. 8)

Selective Survival: elders who remain in longitudinal studies tend to be the healthiest and from the higher socioeconomic levels of their cohort (p. 35)
Senescence: gradual decline in all organ systems, especially after age 30 (p. 6)

Sequential Research Designs: research designs that combine features of cross-sectional and longitudinal research designs to overcome some of the problems encountered in using those designs (p. 35)

**Discussion Topics**

- Distinguish between different types of aging. To what extent would one expect consistency among these types of aging?

- Describe the difference between gerontology and geriatrics; define social gerontology.

- What historical and cultural factors have differentially influenced the cohort of people who are currently aged 65 to 75 and those aged 35 to 45?

- Distinguish among the young-old, the old-old, and the oldest-old in terms of social and health characteristics.

- Discuss the benefits of studying social gerontology from a person-environment perspective, focusing on the competence model.

- Discuss your own reasons for learning about older adults and the aging process, and the benefits you expect to gain from your learning experience.

- Describe some factors that are responsible for increased life expectancy at birth, and factors that may significantly extend life expectancy beyond age 65 for future cohorts.

- What are the economic, political, and social implications of the increasing rectangularization of the survival curve in the U.S.?

- Discuss the geographic distribution of the older U.S. population and implications for policies in states with higher and lower than average proportions of older persons in their population.

- What evidence is there for potential biological differences between centenarians and others who survive to their 70s and 80s?

- Compare your own experiences as members of a birth cohort with those from the cohorts of the 1920s and 1930s.

- Describe the age/period/cohort problem in social gerontological research. What research designs have been developed to overcome some of these problems? What are the strengths and weaknesses of each design?

- Discuss the advantages and disadvantages of conducting longitudinal research in aging.
Classroom Activities and Student Projects

Activity 1.1  Attend a Conference
Find out if there is a state, regional, or local gerontological society/organization meeting in your area and have your students attend one of their conferences. Another option would be for you and your students attend a sociological or psychological conference which has a section on aging. Have the students attend a session and write 3–5 page papers about what they heard about aging.

Activity 1.2  Analyze a Census Brief
The Census Bureau produced a series of briefs based on the Census 2000 findings. One brief is entitled The 65 and Older Population 2000: Census 2000 Brief and can be accessed at http://www.census.gov/prod/2001pubs/c2kbr01-10.pdf. Have the students download this document and bring it to class. This document contains a wealth of demographic data on older adults in the United States, including statistics on age, gender, residential location, etc. Ask the students what conclusions can be made from reading this document.

Activity 1.3  Matching Game
List characteristics of the research approaches (e.g., longitudinal research, cross-sectional research) on note cards and have students match the characteristic with the type of research it describes. Have two teams compete to see who can complete the task first.

Activity 1.4  Scavenger Hunt
Assign groups of students a decade ranging from 1910 – 2000 and ask them to bring facts about the decade to the following class meeting. Have each group present what they learned about the decade and apply it to the corresponding cohort.

Suggested Films
These films are not available through Allyn & Bacon.

The UP Series: “Seven UP” through “49 Up”
First Run Features, 710 minutes total, $74.96 DVD
This series of films started in 1964 with Seven Up. The original concept was to interview 14 children from diverse backgrounds from all over England, asking them about their lives and their dreams for the future. Every seven years, renowned director Michael Apted, a researcher for Seven Up, has been back to talk to them, examining the progression of their lives.

“2000” (1999)
Magic Hour Films APs, 29 minutes, $49 VHS
This charming film shows the interaction of the very young with the very old. Each scene reveals something of the unique bond shared by children and older adults. Forty people meet in pairs. The age of each pair totals 100 (e.g., a one-year old with a 99-year old).

Age (2002)
Insight Media, 30 minutes, $139 VHS
This film presents the terminology that serves as the foundation of social gerontology, such as age cohort and life expectancy and discusses societal implications of an aging population.

**Angelus Plaza: A New Look at Old Age (2001)**
Filmmakers Library, 27 minutes, $250 VHS/DVD
This film portrays three active, lively older adults who, despite the usual physical complaints of old age, demonstrate a new definition of later life.

**Myths and Realities of Aging (1993)**
Insight Media, 60 minutes, $99 VHS
This video examines ageism in its many forms. It features experts and elders who describe how people learn about aging and debunk common myths, including the idea that most people over the age of 60 are ill or sexually inactive.

**Oldtimers (1993)**
First Run Icarus Films, 17 minutes, $175 VHS
This film profiles a community of older adults who meet at a local bar in San Francisco and discuss their experiences of living alone.

**Surfing for Life (2001)**
David Brown, 56 minutes, $49 VHS/$51 DVD
This film profiles 10 older surfers as inspirational models of healthy and successful aging. Discussion guide at www.surfingforlife.com

**Suggested Websites**

**Baltimore Longitudinal Study of Aging**
http://www.grc.nia.nih.gov/branches/blsa/blsa.htm
This site is home to the BLSA, which is the longest study of aging and is sponsored by the National Institute on Aging. Information about the study as well as its data can be accessed here.

**The Federal Interagency Forum on Aging Related Statistics (FIFARS)**
http://www.agingstats.gov/
Many federal agencies are part of FIFARS, which provides tables and statistics on many issues related to older adults, such as education, poverty, and health.

**The Gerontological Society of America (GSA)**
http://www.geron.org/
This site provides a wealth of information on the organization, its conferences, and its resources.

**The New England Centenarian Study**
http://www.bumc.bu.edu/Departments/HomeMain.asp?DepartmentID=361
This site is home to the New England Centenarian Study, which is sponsored by the Boston University Medical College and has been studying centenarians for a decade. Information about the study, its findings, and as case studies of centenarians can be accessed here.
Okinawa Centenarian Study
http://www.okicent.org/cent.html
This site is home to the Okinawa Centenarian Study, which studies centenarians in Japan and is based on data from the last century. Information about the study can be accessed here.

Additional Resources


CHAPTER 2: AGING IN OTHER COUNTRIES AND ACROSS CULTURES IN THE UNITED STATES

Chapter Outline

I. Global Trends
   A. The Phenomenon of Global Aging

II. The Impact of Modernization on Older Adults’ Roles in Traditional Societies
   A. Resources Held by Older Adults
   B. Modernization Theory
   C. Impact of Modernization on Filial Piety
   D. Overcoming the Impact of Modernization on Intergenerational Relations

III. A Cross-Cultural View of Elders’ Roles in Contemporary Societies
   A. Immigrants from Traditional Cultures to the United States
   B. Living Arrangements of Older Immigrants
   C. Financial Dilemmas Facing Immigrant Elders

IV. Summary

Chapter Summary

Chapter 2 addresses global demographic changes with an emphasis on the increase in the absolute and relative size of older populations in many countries. It presents a discussion of aging and older adults from a variety of contemporary cultures. Although the aging of populations can present economic and social challenges, the conclusion from these diverse examples is that societies appear to be reconciling older adults’ contribution to society and the reverence given to them. For example, Japan has enacted legislation to provide long-term care for the elderly due to its increasing number of older adults and the effects of modernization. Cross-cultural similarities include having family members serve as primary caregivers and linking elders’ societal participation to the level of respect they receive. While control of resources becomes a means of interaction for societal members at any age, it becomes more significant in one’s later years. One example of an exchange of resources is the intergenerational exchange of caregiving experienced by older adults who immigrate to the U.S.

In the U.S., the number of older immigrants has grown dramatically, and older immigrants primarily come from Asian and Latin American countries. They tend to be less educated, less likely to speak English, less likely to have health care coverage and use health and social services and more likely to receive government benefits. Although older immigrants tend to reciprocate care received from adult children with the provision of childcare for grandchildren, they tend to lose autonomy and opportunities for active aging.

Learning Objectives

After reading chapter 2 the student should be able to:
2.1 Identify the role of older people in non-western cultures
2.2 Discuss the changes in social roles of older persons
2.3 Describe societal norms regarding aging and older adults’ expectations of society
2.4 Contrast perspectives regarding the impact of modernization on the relationship between older persons and the larger society

**Key Terms and Key People**

*Biculturalism:* the process of changing one’s lifestyle by integrating one’s native culture with that of the host country (p. 57)

*Filial Piety:* a sense of reverence and deference to elders that encourages care for one’s aging family members (p. 54)

*Modernization Theory:* advances in technology, applied sciences, urbanization, and literacy which in this context are related to a decline in the status of older people (p. 52)

*Skipped Generation Households:* often because of economic necessity, the middle generation moves out of the home and grandparents assume responsibility for the day-to-day care of grandchildren (p. 55)

*Social stratification:* the division of large numbers of people into layers according to their relative power, property, and prestige; applies to both nations and to people within a nation, society, or other group (p. 52)

**Discussion Topics**

- What specific aspects of modernization contribute to a change in older people’s social status? In addition to modernization, what other reasons explain changes between generations in American society?

- What factors may influence the differential social status of older people in different societies at the same stage of modernization?

- To what extent can older people maintain power in a social system through control of knowledge and property?

- Describe any gender differences that may arise in the ability of older people to control resources. Give examples of such control in the U.S. and other countries.

- It has been suggested that the study of aging in other cultures is of intrinsic interest but has no relevance to an understanding of old age in our own society. Argue the pros and cons of this proposition.

- What influence does the physical and cognitive status of an older person have on society’s response toward older people in general?

- Discuss how cultural values of reciprocity and filial piety have blended with economic and political factors to maintain the status of older persons in Japan.
Classroom Activities and Student Projects

Activity 2.1 Presentations on Culture
Have each student select either a contemporary or historical culture and research that culture’s ideas about aging. Topics for the students to address include power, prestige, filial responsibility, modernization, and status and roles of older adults in that culture. The students then give a class presentation on their findings. The students could also be asked to write a paper documenting their findings.

Activity 2.2 Biography
Have each student select an autobiography written by an older adult who was greatly influenced by his or her culture and shares these experiences in his or her writings. This allows students to see the interplay between culture and individual lives. The students can then write a 3–5 page paper in which they summarize the autobiography, make connections between culture and the individual, and illustrate the beliefs about aging that had an impact on the life of the author.

Suggested Films
*These films are not available through Allyn & Bacon.*

- **Aging in Japan: When Traditional Mechanisms Vanish** (1990)
  Films for Humanities and the Social Sciences, 45 minutes, $89.95 VHS/DVD
  This film explores the role of older adults in Japan in both a historical and contemporary context.

- **Busy Forever**
  Filmmakers Library, 52 minutes, $295 VHS/DVD
  The unexpected pace at which Japanese are aging is creating concern regarding the ratio of working people to non-working (or dependent) people. The trend has been for older Japanese workers to stay in the workforce long after the traditional retirement age. This film shows us some of the people who are working well into their 70s and 80s.

- **For Better or Worse** (1993)
  Terra Nova Films, 55 minutes, $149 VHS/DVD
  This film presents five culturally diverse couples who have each been together more than 50 years talking about their relationships and life experiences.

- **Murray Avenue: A Community in Transition**
  New Day Films, 28 minutes, $99 VHS/DVD
  A tender portrait of an old, vital, Jewish neighborhood. Pittsburgh's Jewish identity is depicted in this portrait of three vital, traditional community gathering spots: a butcher's shop, a bakery, and a newsstand.

- **Old Men** (1999)
  First Run Icarus Films, 94 minutes, $440 VHS
This film profiles the life of older men in China. Through the details of their daily routine, we observe the physical and psychological aches that accompany old age, and we witness the solace that can be found in tradition and companionship.

**Suggested Websites**

**AARP**
http://www.aarpinternational.org
See an interactive global map, “Aging Everywhere,” that contains information such as age dependency ratios, life expectancy at birth, and links to speeches and research on a variety of topics.

**The Population Reference Bureau**
http://www.prb.org
Browse by the topic “Aging” and open a variety of articles based on Census Bureau data about older adults in the U.S. and around the world. Also try the Quick Link “Graphics Bank”, then “Aging” for Powerpoint presentations and slides on populations and health.

**U.S. Census Bureau**
http://www.census.gov/ipc/www/idb
This site allows you to obtain population pyramids (graphs that show the distribution of population by age and sex) for any country in the world.

**Additional Resources**


CHAPTER 1: THE GROWTH OF SOCIAL GERONTOLOGY

1) The rectangular survival curve:
A) is considered to be the ideal survival curve and is dependent on a fixed maximum lifespan.
B) has become more rectangular over the past century.
C) is not a good representation of changes in worldwide life expectations.
D) both A and B.
Answer: D
Diff: 3
Page Ref: 17-18

2) The oldest-old subgroup:
A) is the slowest growing segment of the U.S. population.
B) has about as much education as younger groups.
C) has the same income as younger groups.
D) is the fastest growing segment of the U.S. population.
Answer: D
Diff: 2
Page Ref: 17-19

3) According to the text:
A) the “young-old” are those individuals aged 50-65.
B) the “old-old” are those aged 65-75.
C) the “oldest-old” are those aged 85+.
D) “old-old” refers to all people age 65+.
Answer: C
Diff: 1
Page Ref: 7

4) Which model provides a way to view the interactions between a person and his/her environment?
A) active aging
B) resilience
C) competence model
D) environmental press model
Answer: C
Diff: 1
Page Ref: 10-11
5) In terms of psychological age, which of the following people is the youngest?
A) Michelle, a college graduate at age 17
B) Anne, a secretary at age 25
C) Cathy, a college sophomore at age 48
D) Sarah, a school teacher at age 55
Answer: C  
**Diff:** 2  
**Page Ref:** 4

6) The state which has the largest proportion of individuals aged 65 and above is:
A) Florida.
B) Minnesota.
C) Utah.
D) California.
Answer: A  
**Diff:** 1  
**Page Ref:** 27

7) The state which has the largest number of individuals aged 65 and above is:
A) Florida.
B) Oregon.
C) Washington.
D) California.
Answer: D  
**Diff:** 1  
**Page Ref:** 27

8) The elderly support ratio:
A) assumes the low birth rate will increase.
B) projects that by 2030 there will be 5 working people per retired person.
C) does not take into account that some older people remain in the work force.
D) assumes the population aged 18-65 are in the “working years”.  
Answer: C  
**Diff:** 3  
**Page Ref:** 24

9) Which of the following is true about educational attainment among the population aged 65+?
A) More white women than white men have college degrees.
B) For African Americans over age 70 years, more men than women completed college.
C) Baby Boomers are more educated than the oldest old.
D) None of the above are true.
Answer: C  
**Diff:** 3  
**Page Ref:** 27-28

10) The term “compression of morbidity” refers to:
A) fewer people dying from disease.
B) functional decline due to disease is avoided.
C) increased life expectancy.
D) illness affecting only the last few years of life.
Answer: D
Diff: 3
Page Ref: 29

11) The distinction between active and dependent life expectancy is useful in illustrating:
A) differences between men and women.
B) that not all gains in life expectancy are positive.
C) that most of the gain in life expectancy is a negative gain.
D) the advantages of increased life expectancy for ethnic minorities.
Answer: B
Diff: 2
Page Ref: 30

12) A major problem with the cross-sectional research method is that:
A) respondents become test wise.
B) respondent attrition (loss of subjects) can occur over time.
C) cohort effects may emerge rather than the effects of aging.
D) the message of measurement may change over time.
Answer: C
Diff: 2
Page Ref: 33

13) Regarding the Gerontological Society of America and its publications,:
A) the Journals of Gerontology deal primarily with the psychology of aging.
B) this organization focuses on elders’ social welfare.
C) this is a national organization of physicians interested in older patients.
D) this organization includes educators, researchers, and clinicians.
Answer: D
Diff: 2
Page Ref: 31

14) Which of the following institutions and settings have contributed significantly to the study of aging during the 1950s and 1960s?
A) The Baltimore Longitudinal Study
B) The Alaska Institute of Aging
C) The North Dakota Institute on Aging
D) The New England Centenarian Study
Answer: A
Diff: 2
Page Ref: 32

15) A major advantage of longitudinal research designs is that they:
A) allow for practice effects.
B) eliminate cohort effects.
C) allow a distinction between age and time by testing.
D) compare different groups.
Answer: B
_Diff: 2
_Page Ref: 34_

16) Which two effects are confounded in cross-sectional research?
A) age and cohort
B) age and time-of-measurement
C) cohort and time-of-measurement
D) cohort and practice
Answer: A
_Diff: 2
_Page Ref: 33_

17) Which two effects are confounded in longitudinal research?
A) age and cohort
B) age and time-of-measurement
C) cohort and time-of-measurement
D) cohort and practice
Answer: B
_Diff: 2
_Page Ref: 34_

18) Compared with those that drop out, participants that remain in a longitudinal study are generally:
A) more educated.
B) healthier.
C) more motivated.
D) all of the above.
Answer: D
_Diff: 1
_Page Ref: 35_

19) A research design that combines cross-sectional with longitudinal design is:
A) cross-sequential.
B) cohort-sequential.
C) time-sequential.
D) selective-sequential.
Answer: A
_Diff: 2
_Page Ref: 35_

20) Selective dropout from longitudinal studies results in:
A) poorer test scores with time.
B) healthier and more motivated elders in the final sample.
C) sicker and less educated elders in the final sample.
D) few differences between drop-outs and those who remain.
Answer: B
Diff: 2
Page Ref: 34

21) In all organ systems normal declines occur:
A) after age 30.
B) in one’s 5th decade.
C) after a physical trauma.
D) after age 60.
Answer: A
Diff: 2
Page Ref: 6

22) Females born in 2006 have an average life expectancy of:
A) 75.4 years.
B) 80.7 years.
C) 84.3 years.
D) 99.5 years.
Answer: B
Diff: 2
Page Ref: 15

23) What concept captures how earlier life experiences and decisions affect opportunities in later life?
A) life course
B) person-environment
C) active-aging
D) environmental press
Answer: A
Diff: 2
Page Ref: 8

24) Environmental press is high in an institutional setting where an individual is not responsible for self care.
Answer: FALSE
Diff: 2
Page Ref: 10
25) The expansion of research in social gerontology in the late 19th century and early 20th century is due to:
A) the growth of the population over age 65.
B) the need to modify policies for an older population.
C) a mandate by universities and research institutes.
D) both A and B.
Answer: D
Diff: 2
Page Ref: 37

26) In general, the chronological age of most people is consistent with their psychological and biological age.
Answer: FALSE
Diff: 1
Page Ref: 4

27) More older adults today subsist on incomes below the poverty level compared to the late 1950s.
Answer: FALSE
Diff: 1
Page Ref: 28

28) Relocating a frail elder to a nursing home is an example of increased environmental press in Lawton and Nahemow’s model.
Answer: TRUE
Diff: 3
Page Ref: 10

29) Personal competence in the person-environment includes family members’ assistance to the older person.
Answer: FALSE
Diff: 2
Page Ref: 10

30) The study of aging is primarily a study of diseases.
Answer: FALSE
Diff: 1
Page Ref: 6

31) Life expectancy refers to the average years of life one can expect to live, whereas maximum life span refers to the maximum number of years a given species is expected to live.
Answer: TRUE
Diff: 1
Page Ref: 15-17

32) Genetics appears to be a primary factor in living to be 100+ years old.
33) Racial crossover effect describes the tendency for Caucasians to live longer than African Americans.
Answer: FALSE
Diff: 2
Page Ref: 20

34) Today’s cohort of young-old has the same life expectancy, whether they are white or persons of color.
Answer: FALSE
Diff: 1
Page Ref: 25

35) The proportion of people aged 65 and older among ethnic minority groups will increase in the 21st century.
Answer: TRUE
Diff: 1
Page Ref: 25

36) Surveys of the health status of young-old Americans today provide considerable support for compressed morbidity in the future.
Answer: TRUE
Diff: 2
Page Ref: 29

37) Cross-sectional research designs are the best method to determine causation.
Answer: FALSE
Diff: 2
Page Ref: 33

38) Older people who drop out of longitudinal studies tend to be those who score lower on intelligence tests and are more socially isolated.
Answer: TRUE
Diff: 2
Page Ref: 34

39) Longitudinal studies are currently the most widely used research designs in gerontology.
Answer: FALSE
Diff: 2
Page Ref: 34
40) Sequential designs are particularly useful in studies of cognitive changes with aging.
Answer: TRUE
Diff: 2
Page Ref: 35

41) ________ focuses on how to prevent or manage the diseases of aging.
Answer: Geriatrics
Diff: 1
Page Ref: 3

42) ________ refers to an individual’s changing roles and relationships with family and friends, in both paid and unpaid productive roles, and within organizations.
Answer: Social aging
Diff: 2
Page Ref: 4

43) ________ is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.
Answer: Active aging
Diff: 2
Page Ref: 7

44) In 1900 the average life expectancy at birth in the United States was ________ years.
Answer: 47
Diff: 2
Page Ref: 15

45) Females born in the U.S. in 2008 can expect to reach ________ years.
Answer: 80.7
Diff: 2
Page Ref: 15

46) Explain the concept of the active aging framework.
Answer: The active aging framework is the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age. It shifts our thinking of old age as a time of passivity to one of continued participation in life and that aging is a lifelong process.
Diff: 2
Page Ref: 7

47) Identify the main reason the older population is growing.
Answer: One of the key factors contributing to the growth of older population is longer life expectancy. In 1900, the average life expectancy was 47 years. By 2008, the average life expectancy was 78.1 years.
Diff: 2
Page Ref: 15
48) What is a centenarian, and what have studies found about centenarians and their lives?  
Answer: Centenarians are individuals who are over 100 years old. There are a variety of studies on these individuals and they look at both genetic and social factors. Genetic factors determine how well an older person copes with disease, but environmental factors may also influence overall health and functional ability.  
*Diff: 2*  
*Page Ref: 19-22*

49) What can you tell about a population by looking at its population pyramid?  
Answer: A population pyramid tells you about a population age composition and gender composition as well as support ratios. It breaks up the population into 10-year cohorts. As the population ages and fewer children are born, the pyramid becomes more column-shaped.  
*Diff: 2*  
*Page Ref: 22-24*

50) Discuss the pros and cons of using longitudinal research design for studying gerontological topics.  
Answer: Eliminates cohort effects by studying the same people over time, but does not allow a distinction between age and time of testing, cannot separate effects of other variables and has the potential for practice effects. Attrition and resulting selective dropout can compromise a longitudinal study.  
*Diff: 2*  
*Page Ref: 34-35*
CHAPTER 2: AGING IN OTHER COUNTRIES AND ACROSS CULTURES IN THE UNITED STATES

1) The diverse cultures around the world illustrate that:
   A) there is a general need to achieve balance between elders’ contributions to society and costs of supporting them.
   B) population aging is occurring at the same rate in developing and developed countries.
   C) there is a movement from low fertility urban societies to higher fertility rural societies.
   D) families no longer play a major role in supporting their elderly members.
   Answer: A
   Diff: 3
   Page Ref: 63

2) Which of the following countries has the highest proportion of older adults?
   A) Sweden
   B) Greece
   C) Italy
   D) Japan
   Answer: D
   Diff: 1
   Page Ref: 45

3) Characteristics of modernization that contribute to the decline of older adults’ status in traditional societies include:
   A) literacy.
   B) health technology.
   C) employment status.
   D) both A and B.
   Answer: D
   Diff: 2
   Page Ref: 52

4) The rectangularization of a population structure is due, in part, by:
   A) low birth rate.
   B) high birth rate.
   C) decreased life expectancy.
   D) both A and C.
   Answer: A
   Diff: 3
   Page Ref: 47

5) According to modernization theory, which of the following statements is not true?
   A) Cultural values can mitigate the negative effects of modernization.
B) Social changes that accompany modernization cause younger and older generations to become increasingly separated.
C) Urbanization has improved the status of older adults.
D) Both A and B.
Answer: C
Diff: 2
Page Ref: 52-56

6) Countries that do not favor allowing the immigration of young workers support the following solution(s) to labor shortage:
A) persuade part time workers to become full time.
B) encourage women to enter the workforce.
C) raise the birthrate.
D) all of the above.
Answer: D
Diff: 2
Page Ref: 51

7) Among the following characteristics, which is the least important one for enhancing older people’s status?
A) knowledge of traditional skills
B) chronological age
C) information control
D) their social contributions
Answer: B
Diff: 2
Page Ref: 52

8) Societies in advanced stages of modernization may become more aware of the older population’s devalued status through:
A) religious organizations.
B) politicians.
C) advertising and television.
D) peer pressure.
Answer: C
Diff: 2
Page Ref: 54

9) The major premise of modernization theory is that with modernization:
A) older people’s status increases in most societies
B) there are more opportunities for intergenerational interaction
C) older people experience a higher quality of life  
D) older people often lose political and social power  
Answer: D  
Diff: 2  
Page Ref: 52

10) In relation to modernization, occupation and education,:  
A) have a reversed J-shaped relation.  
B) show an increase, but later decline.  
C) suggest that after initial stages of modernization, status differences between generations widen.  
D) suggest that after initial stages of modernization, the status of older people falls.  
Answer: A  
Diff: 2  
Page Ref: 53-54

11) Which of the following statements about the care of older persons in Japan is true?  
A) Demand for nursing homes, especially in Japan’s big cities, is low.  
B) Japanese families assume no more responsibility for their older relatives than do Western families.  
C) The proportion of older couples living with adult children has declined since 1985.  
D) The old are such a small proportion of the Japanese population that their care is not a significant problem.  
Answer: C  
Diff: 2  
Page Ref: 56

12) Which is true of role changes and suicide among older adults?  
A) Generally, Japanese women aged 75 and older have lower suicide rates than their counterparts in English speaking countries.  
B) In the U.S., suicide rates increase for the 65 and older group when compared to the 40-50 age group.  
C) Suicide rates of older women do not differ by country.  
D) Asian men aged 75 and older have higher suicide rates than any other age group of Asian men.  
Answer: D  
Diff: 2  
Page Ref: 54
13) According to social exchange theory,: 
A) as society becomes more modernized, older people lose respect. 
B) most societies have a sense of reverence and deference toward elders. 
C) it is possible to achieve a balance between costs and contributions made by older adults and the extent of power and respect they command. 
D) none of the above. 
Answer: C  
Diff: 1  
Page Ref: 58  

14) Which of the following factors is most important in mitigating the impact of modernization on older people? 
A) expectations of continued financial support by parents 
B) cultural values of respect toward elders 
C) continued participation of elders in the workforce 
D) strong national welfare systems 
Answer: B  
Diff: 3  
Page Ref: 55  

15) Singapore is preparing for its aging population by: 
A) building long-term care facilities. 
B) encouraging self-sufficiency. 
C) lowering the mandatory retirement age to 60. 
D) passing legislation to mandate filial piety. 
Answer: B  
Diff: 2  
Page Ref: 59  

16) Values of filial piety and ancestor worship in Japan are based on: 
A) Confucian values. 
B) Judeo-Christian values. 
C) Muslim values. 
D) Buddhist values. 
Answer: A  
Diff: 3  
Page Ref: 55  

17) Which is not a reason for the growth of the old-old in developing countries?
A) immunization
B) medical care
C) increasing birth rates
D) improved nutrition
Answer: C
Diff: 3
Page Ref: 47

18) Which stages are part of the four-stage life cycle for high-caste men in traditional Hindu law?
A) student, householder, sage, mendicant
B) student, merchant, ascetic, mendicant
C) student, householder, ascetic, mendicant
D) teacher, householder, ascetic, mendicant
Answer: C
Diff: 3
Page Ref: 58

19) According to modernization theory, scientific technology:
A) creates new jobs primarily for the young.
B) increases infant mortality and maternal deaths.
C) reduces the need for literacy and education.
D) increases the number of new jobs for older adults.
Answer: A
Diff: 2
Page Ref: 53

20) Which country sponsors events such as “Respect for Elders Day” to promote family-based caregiving?
A) Japan
B) Korea
C) Singapore
D) Thailand
Answer: B
Diff: 3
Page Ref: 57

21) The primary caregivers of Japanese elders are:
A) middle-aged women.
B) their grandchildren.
C) middle-aged males.
D) younger adult women.
Answer: A
Diff: 3
Page Ref: 56
22) According to Cowgill’s modernization theory, the application of health technology includes all of the following except:
   A) reduced infant mortality.
   B) reduced maternal death.
   C) prolonged adult life.
   D) decreased the number of older persons.
   Answer: D
Diff: 2
Page Ref: 52

23) Causes for the decline in the percentage of parents living with children in Japanese culture include:
   A) industrialization.
   B) urbanization.
   C) increasing number of children since 1950.
   D) both A and B.
   Answer: D
Diff: 1
Page Ref: 56

24) In which country do older adults over age 70 receive free basic medical services?
   A) Japan
   B) the United States
   C) the United Kingdom
   D) China
   Answer: A
Diff: 3
Page Ref: 56

25) Older immigrants to the U.S. are:
   A) less likely to be educated.
   B) less likely to receive government benefits.
   C) less likely to live in poverty.
   D) more likely to use health services.
   Answer: A
Diff: 2
Page Ref: 60

26) Comparative sociocultural gerontology has been useful in determining aspects of aging that are universal, versus aspects of aging that are shaped by culture.
   Answer: TRUE
Diff: 2
Page Ref: 51
27) Older women in China are more functionally and economically disadvantaged than older Chinese men.
Answer: TRUE
Diff: 2
Page Ref: 54

28) Elderly Japanese immigrants are more likely to live independently than elderly Mexican immigrants.
Answer: TRUE
Diff: 2
Page Ref: 61

29) The U.S. state with the largest number of non-citizen immigrants is Texas.
Answer: FALSE
Diff: 2
Page Ref: 63

30) In 2005, the highest rates of employment of foreign-born women in direct care jobs was among Latinas.
Answer: TRUE
Diff: 2
Page Ref: 62

31) The majority of older immigrants to the U.S. follow their adult children.
Answer: TRUE
Diff: 2
Page Ref: 60

32) The majority of middle aged people in Japan believe that care of older parents is the childrens’ responsibility.
Answer: TRUE
Diff: 2
Page Ref: 56

33) Retired husband syndrome describes a condition where newly retired men experience stress-related psychosomatic symptoms.
Answer: FALSE
Diff: 2
Page Ref: 57

34) In the next 30 years, Mexico will have a higher growth rate in their older population than will the U.S.
Answer: TRUE
Diff: 2
Page Ref: 46
35) Elders’ immigration for the sake of their children can disrupt their psychological well-being.
Answer: TRUE
Diff: 2
Page Ref: 60

36) Japan has the highest absolute number of older adults.
Answer: FALSE
Diff: 3
Page Ref: 47

37) The poverty rate for older non-citizens is approximately twice that of older U.S. citizens.
Answer: TRUE
Diff: 2
Page Ref: 62

38) The majority of China’s older population lives in rural areas.
Answer: TRUE
Diff: 2
Page Ref: 55

39) Despite increased financial demand on the nuclear family, traditional values of reciprocity have led Japan to continue the pattern of retired elders moving in with the oldest son and his family.
Answer: FALSE
Diff: 2
Page Ref: 55

40) Modernization Theory is one of the most prominent explanations of the declining status of the old in our society.
Answer: TRUE
Diff: 1
Page Ref: 52

41) Modernization theory has been advanced primarily by ________.
Answer: Cowgill
Diff: 2
Page Ref: 52

42) ________ values of filial piety and ancestor worship have helped maintain older persons’ relatively high status in Japanese society.
Answer: Confucian
Diff: 2
Page Ref: 54
43) The increase in older adults and low birth rate in China have contributed to the population structure taking on a ________ shape.
Answer: rectangular
Diff: 3
Page Ref: 47

44) A study of ________, where grandparents care for grandchildren, show that these elders have greater life satisfaction and less depression than those in single generation households.
Answer: skip-generation households
Diff: 3
Page Ref: 55

45) ________ is a sense of reverence and deference toward elders.
Answer: Filial piety
Diff: 3
Page Ref: 54

46) Explain Japan’s aging crisis.
Answer: Japan is experiencing the most rapid rate of population aging in the world. By 2050, the 65 and older group will comprise 30% of the country’s population. Resistance to immigration, which would bring in younger workers, is contributing to the need of economic support of retirees.
Diff: 3
Page Ref: 45

47) Discuss the effects of culture and modernization in Japan.
Answer: Japanese culture has traditionally revered older adults, however, the economic demands placed on the nuclear family have challenged this practice. The unprecedented numbers of older people have increased the costs of maintaining older members and have created dilemmas for the younger family members who are responsible for their care.
Diff: 2
Page Ref: 55

48) Thoroughly discuss Cowgill’s Modernization Theory.
Answer: According to Modernization Theory, the decline in status attributed to older adults is due to health technology, scientific technology, urbanization and literacy, and mass education. As society becomes more modernized, older people lose political and social power.
Diff: 3
Page Ref: 52

49) Discuss “retired husband syndrome.”
Answer: In Japan, the medical condition has been observed among women whose husbands have retired by age 60-65 and remain at home full-time, demanding attention from their wives. Women are reporting psychosomatic symptoms related to stress resulting from having to serve their husbands.
Diff: 3
50) Define skipped generation households and discuss study findings about older Chinese adults living in three generation households vs. those living in skipped generation households.

Answer: Skipped generation households are those whose grandparents care for grandchildren in the absence of the child’s parents. Those living in three generation households reported greater life satisfaction and less depression than those living in skipped generation households.

Diff: 3
Page Ref: 55