

## Chapter 1. What Does it Mean to 'Age Successfully'?

### Multiple Choice

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_\_\_ 1. Beliefs and expectations about aging are influenced most by:
  - 1. the media.
  - 2. personal experience.
  - 3. parental beliefs.
  - 4. education.
  
- \_\_\_\_\_ 2. Which of the following is an example of ageism?
  - 1. Some older adults are at risk of falling.
  - 2. Older women tend to live longer than older men.
  - 3. Most older people become cognitively impaired.
  - 4. Many older adults continue to be sexually active.
  
- \_\_\_\_\_ 3. Bias toward older adults has been shown in research studies to affect:
  - 1. policy formation.
  - 2. insurance reimbursement.
  - 3. treatment regimens.
  - 4. all of the above
  
- \_\_\_\_\_ 4. An example of active aging is illustrated by which of the following?
  - 1. choosing which exercise one prefers
  - 2. taking prescribed medications
  - 3. volunteering at the local soup kitchen
  - 4. transferring from the hospital to a long-term care facility
  - 5. 1 and 3.
  - 6. 2 and 4.
  - 7. 1 and 2.
  - 8. 3 and 4.
  
- \_\_\_\_\_ 5. According to the MacArthur Foundation Study of Successful Aging,
  - 1. level of functioning was unrelated to risk factors for chronic disease.
  - 2. higher functioning adults were more socially engaged.
  - 3. higher functioning adults were more likely to have diabetes or heart disease.
  - 4. lower functioning adults tended to be more physically active.
  
- \_\_\_\_\_ 6. Biological theories explain aging in terms of:
  - 1. cellular damage.
  - 2. relationships.
  - 3. need fulfillment.
  - 4. personality development.
  
- \_\_\_\_\_ 7. The view that individuals must master life tasks or challenges at various stages in life is an example of theories about aging from which discipline?
  - 1. sociology

2. nursing
3. biology
4. psychology

\_\_\_\_\_ 8. The view that successful aging means transforming from a materialistic focus to a spiritual connectedness with the larger universe describes which theory about aging?

1. continuity
2. age stratification
3. gerotranscendence
4. person–environment fit

\_\_\_\_\_ 9. The view that behavior throughout life is motivated by fulfilling basic needs was proposed by which of the following theorists?

1. Maslow
2. Tornstam
3. Jung
4. Flood

\_\_\_\_\_ 10. Flood's theory of aging proposes that:

1. older adults must adjust to altered roles and relationships as they move through life's stages.
2. disharmony between the individual and his or her environment or relationships leads to a failure to thrive.
3. the ability to function is influenced by environmental and biopsychosocial consequences.
4. successful aging is the positive adaptation to physical and functional changes of aging, spiritual connectedness, and a sense of meaning and purpose in life.

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### Answer Section

#### MULTIPLE CHOICE

1. ANS: 2  
Personal experiences are most influential in shaping views and expectations about what it means to age.  
  
PTS: 1
2. ANS: 3  
Neither cognitive impairment nor dementia is a normal consequence of aging.  
  
PTS: 1
3. ANS: 4  
Evidence reveals that attitudes about older adults have influenced policy formation, insurance reimbursement, and treatment regimens.  
  
PTS: 1
4. ANS: 5  
Active aging involves participating in making choices that can affect how individuals age.  
  
PTS: 1
5. ANS: 2  
The study concluded that adults who were functioning at higher levels not only had fewer risk factors for chronic illnesses such as diabetes or heart disease, but these study participants also tended to be more social and likely to engage in mentally stimulating activities.  
  
PTS: 1
6. ANS: 1  
Biologists proposed that chemical processes, life stressors, and genetically programmed events cause cellular damage, which leads to a gradual deterioration of body systems.  
  
PTS: 1
7. ANS: 4  
Psychologists believed that aging is about need fulfillment and navigating predictable stages of personality development across the lifespan.  
  
PTS: 1
8. ANS: 3  
The theory of gerotranscendence proposes that older adults transition from a materialistic/rational perspective toward unity with the universe. An external focus, coming to terms with death, and strong relationships facilitate successful transformation.  
  
PTS: 1

9. ANS: 1

Maslow proposed his psychosocial theory of Human Needs in 1954. In summary, behavior is motivated by five basic needs (physiologic, safety and security, love and belonging, self-esteem, and self-actualization). Need fulfillment is a lifelong process.

PTS: 1

10. ANS: 4

Flood proposed this nursing theory of aging in 1995. For more nursing theories see Table 1-2: Theories of Aging on pages 9-11.

PTS: 1