



UNIVERSITY OF CALICUT

**Abstract**

General and Academic - Faculty of Humanities -Syllabus and Question Bank of the Audit Course, Gerontology (4 credits) for fourth semester CBCSS UG Programmes -Implemented wef 2019 Admn onwards - Subject to ratification by the Academic Council - Orders issued

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**G & A - IV - B**

U.O.No. 7955/2021/Admn

Dated, Calicut University.P.O, 12.08.2021

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- Read:-*1. U.O.No. 4368/2019/Admn dated 23.03.2019  
2. U.O No. 10662/2020/Admn dated 13.11.2020  
3. Letter No.56892/GA - IV - J2/2019/Admn. Dated: 18.12.2020  
4. Item No.4 of the minutes of the meeting of BoS, Social Work SB ,held on 19.01.2021  
5. Remarks of the Dean, Faculty of Humanities dated 17.04.2021  
6.Item No. 5 in the minutes of the meeting of BoS, Psychology UG, held on 28.06.2021  
7. Remarks of the Dean, Faculty of Science dated 06.07.2021  
8. Orders of the Vice-Chancellor dtd. 19.04.2021 and 08.07.2021

**ORDER**

1. The Regulations for Choice Based Credit and Semester System for Under Graduate Curriculum- 2019 (CBCSS UG Regulations 2019) for all UG Programmes under CBCSS-Regular and SDE/PrivateRegistration w.e.f. 2019 admission has been implemented, vide paper read (1), and the same was modified vide paper read (2) above.
2. As per the Clause 4.10 of the CBCSS UG Regulations 2019, there shall be one Audit Course each in the first four semesters and at the end of each semester, there shall be examination conducted by the college from a pool of questions (QuestionBank) set by the University.
3. Vide paper read (3) above, the Boards of Studies in Socialwork and Psychology (UG) were entrusted with the preparation and approval of the syllabus and question bank of the Audit course- Gerontology, for the fourth semester CBCSS UG Programme.
4. Accordingly, the Board of Studies in Social work (SB), vide paper read (4) above, has resolved to approve the syllabus of three modules of the Audit Course Gerontology, which deals with the social and demographic aspects of old age and ageing.
5. The Dean, Faculty of Humanities, vide paper read (5) above, has approved the Item no. 4 of the minutes of the meeting of Board of Studies in Social work (SB) held on 19.01.2021.
6. The Board of Studies in Psychology (UG), vide paper read (7) above, has approved the syllabus of the Audit course Gerontology and also the Question Bank.
7. The Dean, Faculty of Science, vide paper read as (8) above, has approved the Item no. 5 of the minutes of the meeting of Board of Studies in Psychology (UG), held on 28.06.2021.
8. Considering the urgency, the Vice Chancellor has approved Item no. 4 of the minutes of the meeting of the Board of Studies in Social work SB held on 19.01.2021 and Item no. 5 of the minutes of the meeting of the Board of Studies in Psychology (UG) held on 28.06.2021 and has

accorded sanction to implement the Syllabus and Question Bank of Audit Course- Gerontology, subject to the ratification by the Academic Council.

9. The Syllabus and Question Bank of the Audit Course, Gerontology (4 credits) for fourth semester CBCSS UG Programmes, is therefore implemented wef 2019 Admission onwards.
10. Orders are issued accordingly. (Syllabus and Question Bank appended)

Arsad M

Assistant Registrar

To

The Principals of all Affiliated Colleges.

Copy to: PS to VC/ PA to Registrar/PA to CE/JCE I/JCE II/JCE III/JCE IV/JCE VIII/ Digital Wing/SF/DF

Forwarded / By Order

Section Officer

**CHOICE BASED CREDIT AND SEMESTER SYSTEM FOR  
UNDERGRADUATE PROGRAMME (CBCSS-UG, 2019)**

**UNIVERSITY OF CALICUT**

**IVth SEMESTER**

**AUDIT COURSE-GERONTOLOGY**

**COURSE CODE : AUD4E07**

**SCHEME, SYLLABUS AND QUESTION BANK**

**(2019 ADMISSION ONWARDS)**

**Under Calicut University Regulations for Choice Based Credit And Semester  
System For Under-Graduate Curriculum (CBCSS-UG, 2019)**

**LIST OF BOARD MEMBERS WHO PREPARED THE SYLLABUS AND QUESTION BANK OF THE AUDIT COURSE GERONTOLOGY**

<b>Sl No</b>	<b>Name</b>	<b>Designation and official address</b>
1	<b><i>Dr Jaya Cherian</i></b> , Chairperson Board of Studies in Social Work	Associate Professor, Department of Social Work, Vimala College (Autonomous) Thrissur
2	<b><i>Dr Nice Mary Francis P</i></b> Chairperson Board of Studies in Psychology- UG	Assistant Professor Department of Psychology Prajyoti Niketan College Pudukad
3.	<b><i>Dr. Treesa T. Pulickal,</i></b> Member Board of Studies in Social Work	Assistant Professor, Department of Social Work, Vimala College (Autonomous) Thrissur
4.	<b><i>Dr Sukanya B Menon</i></b> Member Board of Studies in Psychology (UG)	Assistant Professor Department of Psychology Prajyoti Niketan College Pudukad
5	<b><i>Soumya Mohan</i></b> Member Board of Studies in Psychology (UG)	Asst. Professor Department of Psychology SCAM G C Kuttanallur, Thrissur
6	<b><i>Mohamed Junaid.</i></b> Member Board of Studies in Psychology (UG)	Assistant Professor Department of Psychology Govt College, Mangada

**COURSE CODE : AUD4E07  
GERONTOLOGY-SCHEME &SYLLABUS**

**CREDITS :4**

**Module I: Gerontology**

Definition and multidisciplinary nature. Relevance of the study of Gerontology. Gerontology and Geriatrics, Social Gerontology

Development of the Field of Gerontology: A historical perspective; aspects in the study of gerontology, biological, social, psychological and clinical. Significance of the field of Gerontology.

Ageing: Meaning and definition. Terms used to refer to older persons. Demographics of Ageing: global trends and cross- country variations, Individual ageing and population ageing.

Ageing in India : variations across regions, gender, health and education levels, and the implications for the individual, society and economy.

**Module II: Old Age –Physical and family Aspects of Aging**

Characteristics of Old age, Life expectancy and lifespan, Biological theories of Aging, Developmental tasks of Old age, changes in sensory, physical, motor and mental abilities in old age ,changes of interest. Health issues in old age.

Work and retirement - vocational adjustments ,adjustment to retirement ,

Families and social relationships- life style diversity, adjustment to changes in family life, Grandparenting, adjustment to loss of wife, remarriage in old age, adjustment to singlehood, assessment of adjustment .

**Module III: Old Age - Psychological Aspects of Aging**

Mental health issues in old age-Depression, delirium and Dementia, Alzheimers disease

Death and Dying - defining death and life , developmental perspectives on death Kubler -Ross stages of death

life hazards of old age ,hazards to personal and social adjustments in old age ,hazards to vocational and family life .

**Module IV: Social Aspects of Ageing**

Social theories of aging: Activity theory Disengagement theory Continuity Theory Age stratification theory Modernisation Theory, Cumulative advantage/disadvantage theory

Social Aspects of Ageing: Changing Family and Kinship Structure; Transition in Roles and Relationships; Generation Gap; Issues related to work, retirement, social security, physical and mental health, disability, terminal illness and death of spouse; bereavement, loneliness and alienation; dependency and family care, feminization of ageing, violence, abuse and exploitation; destitution.

Vulnerability in the Older Persons: Marginalisation due to class and caste, gender, migration, occupation and disability.

Myths and Assumptions about Ageing: Ageism: Meaning, causes and consequences. Dealing with ageist stereotypes and prejudices.

Human Rights Perspective on Gerontology: Rights of older adults

### **Module V Policies and Programmes for Older Adults**

International policies and provisions for Older Adults in the United Nations: UN Principles for Older Persons (1991), Proclamation on Ageing and the Global Targets for Ageing (1992) and the Universal Declaration of Human Rights (UDHR, 1948).

Constitutional provisions and policies for Older Adults in India: Persons with Disabilities (equal opportunities, protection of rights and full participation) Act, 1995; National Policy on Older Persons (1999); Older Persons (Maintenance, Care & Protection) Bill, 2005; The Maintenance and Welfare of Parents and Senior Citizens Bill, 2007. National Council for Senior Citizens (NCSrC). Programmes for the Older Adults over the Five-Year Plans.

Welfare Schemes - Shelter and Housing: Indira Avas Yojana and others; Health-Insurance, Disability, Nutrition: Annapurna, PDS, Public Transport Infrastructure – subsidies and facilities; Health Care: NPHCE, NHP, Vaccination; Financial Provisions: National Pension Programme, Tax Rebate, Savings on FD, Reverse Mortgage; Safety & Security – Police and Legal aid: Programmes in Kerala- Department of Social Justice and Social Security Mission: Issues in access to these programmes

### **Suggested Readings**

1. Bose, A.B. (2006) Social Security for the Old Myth and Reality. Concept Publishing Company
2. Hurlock, E.B. (1981) Developmental Psychology. Tata Mcgraw hill, New Delhi
3. Santrock, J.W. (2011), Life Span Development Mc Graw Hill Company, New York.
4. Joshi, Arvind K., (2006) Older Persons in India, Serials, New Delhi
5. Paltasingh T, Tyagi R (Eds) 2015 Caring for the Elderly: Social Gerontology in the Indian Context. Sage publications New Delhi
6. Thara Bhai, L., (2002) Ageing - Indian Perspective. Vedic Books

Dr. Jaya Cherian  
Chairperson  
Board of Studies in Social Work

Dr Nice Mary Francis P  
Chairperson  
Board of Studies in Psychology (UG)

**QUESTION BANK –AUDIT COURSE : AUD4E07  
GERONTOLOGY  
(ANSWERS ARE MARKED IN BOLD LETTERS )**

1. \_\_\_\_\_ is the study of the social, cultural, psychological, cognitive, and biological aspects of aging.
  - a) Anthropology
  - b) **Gerontology**
  - c) Histology
  - d) Palliative care
2. \_\_\_\_\_ is the medical term for the study, diagnosis and treatment of diseases and health problems specific to older adults.
  - a) Gerontology
  - b) Medical Genetics
  - c) **Geriatrics**
  - d) Immunology
3. Which of the following is true about the process of aging?
  - a) Evitable
  - b) **Progressive once it starts**
  - c) Reversible
  - d) Increase in physical prowess
4. For the sake of global comparison, the United Nations has agreed that \_\_\_\_\_ years and above may be denoted as old age.
  - a) 55
  - b) 60
  - c) **65**
  - d) 70
5. \_\_\_\_\_ is the expected number of years that a newborn individual would live in the midst of environmental factors which are existing in the country.
  - a) **Life expectancy**
  - b) Dependency ratio
  - c) Mortality rate
  - d) Crude birth rate
6. Which of the following statements is **not** a myth about aging?
  - a) Older adults are miserable and unhappy with the state of their lives.
  - b) Older adults are more religious.
  - c) **Older adults are able to adapt to change.**
  - d) Older adults are unable to learn new things.

7. Which of the following physical factors characterizes ageing?
- Increase in the consumption of oxygen
  - Increased anabolism
  - Increased metabolic activity
  - A decrease in the metabolic activity**
8. In many mammals, even humans, ageing can be due to:
- malnutrition and stress
  - interaction between hereditary factors and the environment
  - adverse alterations in the environment
  - all of these**
9. Centenarians are people who \_\_\_\_\_.
- Were born before the centennial
  - Are 100 or more years old**
  - Have not yet reached old age
  - Study old age and older adults
10. Prejudice or bias against older adults is referred to as \_\_\_\_\_
- Ageism**
  - Senilism
  - Age bigotry
  - Oldism
11. Of the following, which is the most frequent stereotype of older adults?
- Sleepy and lazy
  - Full of wisdom and knowledge
  - Healthy and independent
  - Confused and disoriented**
12. Which of the following improves attitudes toward aging and older adults?
- Watching the portrayals of older adults in movies and on television
  - Staying away from older adults
  - Travelling to older communities
  - Education about older adults**
13. What are the four dimensions of aging?
- Chronological aging, biological aging, social aging, psychological aging**
  - Chronological aging, biological aging, social aging, moral aging
  - Chronological aging, biological aging, moral aging, psychological aging
  - Biological aging, moral aging, social aging, psychological aging
14. What do chronological age denote?
- The number of years since someone was born.**
  - The number of years since someone was able to logically carry out tasks.

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- c) The number of years since someone started schooling.
  - d) The number of years since someone started walking.
15. \_\_\_\_\_ refers to the physical changes that accompany the aging process.
- a) Social Aging
  - b) Moral aging
  - c) Psychological aging
  - d) Biological aging**
16. Gerontologists emphasize that chronological age is \_\_\_\_\_ as biological or psychological age.
- a) always the same thing
  - b) not always the same thing**
  - c) similar
  - d) equivalent
17. Which of the following is not a dimension of aging?
- a) Social aging
  - b) Psychological aging
  - c) Biological aging
  - d) Moral aging**
18. \_\_\_\_\_ refers to the cognitive changes including those involving mental functioning and personality that occur as we age.
- a) Chronological aging
  - b) Psychological aging**
  - c) Biological aging
  - d) Moral aging
19. \_\_\_\_\_ refers to changes in a person's roles and relationships, both within their networks of relatives and friends and in formal organizations such as the workplace and houses of worship.
- a) Social aging**
  - b) Psychological aging
  - c) Moral aging
  - d) Chronological aging
20. If a society views aging positively, the \_\_\_\_\_ experienced by individuals in that society will be more positive and enjoyable than in a society that views aging negatively.
- a) Chronological aging
  - b) Social aging**
  - c) Psychological aging
  - d) Moral aging
21. The scholars who study aging are called \_\_\_\_\_.

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- a) Anthropologists
  - b) Genologists
  - c) Geologists
  - d) Gerontologists**
22. \_\_\_\_\_ is the study of the social aspects of aging.
- a) Social gerontology**
  - b) Geriatrics
  - c) Anthropology
  - d) Social psychology
23. Why should we study the elderly and the process of growing old? Choose the most appropriate response.
- a) To get more knowledge about the problems that the aged can create for their family members.
  - b) To segregate the elderly from the mainstream society and help them live separately.
  - c) To understand about the elderly, the experience of aging and preparing ourselves for a later life stage.**
  - d) To give financial aid to the elderly as and when they need.
24. According to Population Census 2011 there are nearly \_\_\_\_\_ million elderly persons (aged 60 years or above) in India.
- a) 200
  - b) 204
  - c) 100
  - d) 104**
25. According to WHO, by 2050 \_\_\_\_\_% of older people will be living in low and middle - income countries.
- a) 80%**
  - b) 20%
  - c) 60%
  - d) 70%
26. \_\_\_\_\_ is an increasing median age in a population because of declining fertility rates and rising life expectancy.
- a) Population aging**
  - b) Individual aging
  - c) Community aging
  - d) Elderly aging
27. What are the major factors for increasing population aging?
- a) Increasing fertility rates and rising life expectancy
  - b) Declining fertility rates and rising life expectancy**
  - c) Declining fertility rates and declining life expectancy
  - d) Increasing fertility rates and declining life expectancy

28. In their 1987 article, Rowe and Kahn characterized successful ageing as involving three components. They are:
- a) Low social consensus and conformity; high cognitive and physical functioning; social and productive engagement
  - b) Freedom from disease and disability; Low social conformity and consensus; social and productive engagement
  - c) Freedom from disease and disability; high cognitive and physical functioning; Low social conformity and consensus
  - d) Freedom from disease and disability; high cognitive and physical functioning; social and productive engagement**
29. Which of the following is not a component of successful ageing as per the study of Rowe and Kahn?
- a) Freedom from disease and disability
  - b) Low social consensus and conformity**
  - c) High cognitive and physical functioning
  - d) Social and productive engagement
30. The country with the highest proportion of elderly citizens in the world is \_\_\_\_\_.
- a) China
  - b) Germany
  - c) Australia
  - d) Japan**
31. Which decade is named as the ‘Decade of Healthy Ageing’ as per the World Health Organization WHO?
- a) 2020-2030**
  - b) 2021-2031
  - c) 2002 – 2012
  - d) 2012 -2022
32. What are the four action areas to focus as per the guidelines of WHO to observe the Decade of Healthy Aging?
- a) Age friendly environments, combatting ageism, integrated care, short term care
  - b) Age friendly environments, combatting ageism, short term care, long term care
  - c) Age friendly environments, combatting ageism, integrated care, long term care**
  - d) Age friendly environments, short term care, integrated care, long term care
33. Which of the following is not a measure to create age friendly environment?
- a) Pedestrian-friendly walkways that are free from obstructions, have a smooth surface, have public toilets and can be easily accessed.
  - b) Adequate seating facilities at public places spaced at regular intervals.
  - c) Roads with well-designed and appropriately placed physical structures, such as traffic islands, overpasses or underpasses, to assist pedestrians to cross busy roads.
  - d) Big shopping malls with supermarkets, entertainment facilities and open cafeteria.**

34. According to the World Health Organisation (WHO), the \_\_\_\_\_ and \_\_\_\_\_ are key determinants of whether people can remain healthy, independent and autonomous long into their old age.
- a) medicines and availability of medical practitioners
  - b) physical and social environment**
  - c) family and relatives
  - d) family and healthy food
35. According to the classic concept of Rowe and Kahn, successful ageing is defined as high \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ in old age without major diseases.
- a) physical, psychological and social functioning**
  - b) physical, social and economic functioning
  - c) psychological, social and economic functioning
  - d) physical, psychological and economic functioning
36. \_\_\_\_\_ and \_\_\_\_\_ diseases are the progressive neurodegenerative diseases associated with ageing.
- a) Alzheimer's and seizures
  - b) Alzheimer's and Bell's palsy
  - c) Alzheimer's and hallucination
  - d) Alzheimer's and Parkinson's**
37. Which of the following is not a common health problem associated with ageing?
- a) Oral and dental problems such as: tooth fall.
  - b) Heart diseases
  - c) Congenital Abnormalities**
  - d) Chronic diseases such as: diabetics, hypertension
38. Which of the following is not a sign of ageing?
- a) Loss of hair pigment
  - b) Physical dexterity**
  - c) Dryness and wrinkling of skin
  - d) Forgetfulness
39. The process of ageing can be slowed by:
- a) Better nutrition
  - b) Improved living conditions
  - c) Adequate sleep
  - d) All of the above**
40. According to Erik Erikson's "Stages of Psychosocial Development", he characterizes old age as a period of “\_\_\_\_\_ v/s \_\_\_\_\_”
- a) Integrity v/s Despair**
  - b) Industry v/s Inferiority
  - c) Initiative vs. Guilt
  - d) Trust v/s. Mistrust
41. \_\_\_\_\_ % of the elderly in India are women.
- a) 48.2%**

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- b) 20%
  - c) 70.2%
  - d) 30.2%
42. \_\_\_\_\_ % of the elderly in India live in rural areas.
- a) 20%
  - b) 30%
  - c) 50%
  - d) **75%**
43. \_\_\_\_\_ of the elderly in India live below poverty line.
- a) two- third
  - b) one fourth
  - c) **one third**
  - d) half
44. The main demographic determinant of individual ageing is:
- a) **Mortality and health**
  - b) Fertility and health
  - c) Compatibility and health
  - d) Sustainability and health
45. \_\_\_\_\_ ageing is concerned with the ageing process in individual lives with the aggregate characteristics of individual older persons.
- a) **Individual**
  - b) Single
  - c) Population
  - d) Community
46. \_\_\_\_\_ ageing is concerned with the socio economic and demographic characteristics of a population which is in the process of ageing.
- a) Individual
  - b) Single
  - c) **Population**
  - d) Community
47. The individual is the unit of study in \_\_\_\_\_ ageing whereas the population is the unit of study in \_\_\_\_\_ ageing.
- a) **Individual, population**
  - b) Population, individual
  - c) Single, community
  - d) Community, single
48. The demographic determinants of population ageing are:
- a) Morbidity, fertility, mortality
  - b) Mortality, morbidity, migration
  - c) Fertility, morbidity, migration
  - d) **Fertility, mortality, migration**
49. Population ageing will tend to \_\_\_\_\_ both labor-force participation and savings rates, thereby raising concerns about a future slowing of economic growth.
- a) **decrease**

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- b) increase
- c) balance
- d) segregate

50. A rapidly aging population means there are \_\_\_\_\_ working-age people in the economy.

- a) strong
- b) more
- c) **fewer**
- d) adequate

51. \_\_\_\_\_ theory assumes that all societies must find ways for older people's authority to give way to younger people.

- a) **Disengagement theory**
- b) Activity theory
- c) Conflict theory
- d) Continuity theory

52. Which of the following statement is a criticism to the disengagement theory?

- a) The theory's appraisal of the ability of the elderly to maintain their level of activity is too optimistic.
- b) **The theory assumed that older people are no longer capable of adequately performing their previous roles.**
- c) The theory blames ageism on modern, capitalist economies.
- d) The theory is too much of an individualistic approach.

53. Which of the following theories assumes that all societies must find ways for older people's authority to give way to younger people?

- a) Conflict theory
- b) Activity theory
- c) **Disengagement theory**
- d) Continuity theory

54. \_\_\_\_\_ theory is one of the first explanations of social ageing.

- a) Conflict theory
- b) **Disengagement theory**
- c) Activity theory
- d) Continuity theory

55. Which of the following statement is **true** about disengagement theory?

- a) Older people benefit both themselves and their society if they remain active and try to continue to perform the roles they had before they aged.
- b) As the elderly perform their roles, their perception of the situations they are in is crucial to their perception of their aging and thus to their self-esteem and other aspects of their psychological well-being.
- c) Because the theory focuses on the individual and her/his perception of the aging process, it is often considered a social interactionist explanation of social aging.

- d) **A society effects a smooth transition of its elderly into a new, more sedentary lifestyle and ensures that their previous roles will be undertaken by a younger generation that is presumably more able to carry out these roles.**

56. Because the theory focuses on the individual and her/his perception of the aging process, the -----  
----- theory is often considered a social interactionist explanation of social aging.

- a) Conflict theory
- b) Disengagement theory
- c) **Activity theory**
- d) Continuity theory

57. Which of the following statement is **not** true about activity theory of social ageing?

- a) Older people benefit both themselves and their society if they remain active and try to continue to perform the roles they had before they aged.
- b) **A society enables a smooth transition of its elderly into a more sedentary lifestyle and ensures that their previous roles will be undertaken by a younger generation that is more able to carry out these roles.**
- c) Because the theory focuses on the individual and her/his perception of the aging process, it is often considered a social interactionist explanation of social aging.
- d) As the elderly perform their roles, their perception of the situations they are in is crucial to their perception of their aging and to their self-esteem.

58. Which of the following theories of social ageing is considered as a social interactionist explanation of ageing?

- a) Conflict theory
- b) Disengagement theory
- c) Continuity theory
- d) **Activity theory**

59. Which of the following statement is **true** about activity theory of social ageing?

- a) A society effects a smooth transition of its elderly into a more sedentary lifestyle and ensures that their previous roles will be undertaken by a younger generation that is more able to carry out these roles.
- b) **The theory focuses on the individual and her/his perception of the aging process and is often considered a social interactionist explanation of social aging.**
- c) The theory assumes that social aging preserves a society's stability and that a society needs to ensure that disengagement occurs.
- d) The theory emphasizes the impact of ageism, or negative views about old age and prejudice and discrimination against the elderly.

60. Because the \_\_\_\_\_ theory assumes that social aging preserves a society's stability and that a society needs to ensure that disengagement occurs, it is often considered a functionalist explanation of the aging process.

- a) Conflict theory
- b) **Disengagement theory**
- c) Continuity theory
- d) Activity theory

61. Which of the following theories is often considered as a functionalist explanation of the aging process?

- a) **Disengagement theory**
- b) Conflict theory
- c) Continuity theory
- d) Activity theory

62. Which of the following statement is a criticism to the activity theory?

- a) **The theory's appraisal of the ability of the elderly to maintain their level of activity is too optimistic.**
- b) The theory assumed that older people are no longer capable of adequately performing their previous roles.
- c) The theory blames ageism on modern, capitalist economies.
- d) The theory is too much of a collective approach.

63. Which of the following statement is **true** about the conflict theory of ageing?

- a) A society effects a smooth transition of its elderly into a more sedentary lifestyle and ensures that their previous roles will be undertaken by a younger generation that is more able to carry out these roles.
- b) The theory focuses on the individual and her/his perception of the aging process.
- c) The theory assumes that social aging preserves a society's stability and that a society needs to ensure that disengagement occurs.
- d) **The theory emphasizes the impact of ageism, or negative views about old age and prejudice and discrimination against the elderly.**

64. Which of the following statement is **not true** about the conflict theory of ageing?

- a) **Because the theory focuses on the individual and her/his perception of the aging process, it is often considered a social interactionist explanation of social aging.**
- b) The theory emphasizes the impact of ageism, or negative views about old age and prejudice and discrimination against the elderly.
- c) Older workers are devalued because they are no longer economically productive.
- d) The theory emphasizes inequality among the aged along gender, race/ethnicity, and social class lines.
- e) The theory states that due to the higher salaries, health benefits and other costs of hiring of the aged (because of their job seniority), it drives down capitalist profits.

65. Which theory of ageing emphasizes inequality among the aged along gender, race/ethnicity, and social class lines?

- a) Disengagement theory
- b) **Conflict theory**
- c) Continuity theory
- d) Activity theory

66. Which theory of ageing assumes that older workers are devalued since they are no longer economically productive?

- a) Disengagement theory
- b) Activity theory
- c) Continuity theory

d) **Conflict theory**

67. Which of the following statement is a criticism to the conflict theory?

- a) The theory's appraisal of the ability of the elderly to maintain their level of activity is too optimistic.
- b) The theory assumed that older people are no longer capable of adequately performing their previous roles.
- c) **The theory blames ageism on modern, capitalist economies.**
- d) The theory is too much of an individualistic approach.

68. Which of the following theories of ageing assumes that older people benefit both themselves and their society if they remain active and try to continue to perform the roles they had before they aged?

- a) Disengagement theory
- b) **Activity theory**
- c) Continuity theory
- d) Conflict theory

69. Which of the following theories of ageing assumes that it is important for older people to continue performing their roles to ensure that their self esteem and other psychological aspects are positive?

- a) Disengagement theory
- b) Conflict theory
- c) Continuity theory
- d) **Activity theory**

70. Which of the following theories focuses on the individual and her/his perception of the aging process?

- a) **Activity theory**
- b) Conflict theory
- c) Continuity theory
- d) Disengagement theory

71. \_\_\_\_\_ is common in elderly populations and refers to a complete or near-complete lack of contact with other people.

- a) **Social isolation**
- b) Social integration
- c) Social disintegration
- d) Social affinity

72. \_\_\_\_\_ refers to the legal restriction that limits the number of terms a person may serve in a particular elected office.

- a) Office limit
- b) **Term limit**
- c) Legal limit
- d) Position limit

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73. \_\_\_\_\_ is the onset of depression for the first time in a person over sixty years of age.

- a) Seasonal Affective Disorder
- b) Postpartum Depression
- c) **Late life depression**
- d) Dementia

74. \_\_\_\_\_ is the active holistic care of individuals across all ages with serious health-related suffering due to severe illness, and especially of those near the end of life. It emphasizes on the need of the patient to live with and die with dignity.

- a) Neonatal care
- b) Bereavement Care
- c) Catatonic Care
- d) **Palliative care**

75. Which of the following are some of the common end-of-life signs?

Signs 1: Loss of appetite

Signs 2: Confusion and hallucinations

Signs 3: Dropping body temperature

Signs 4: Troubled breathing

- a) **All of the above**
- b) Only signs 1, 2,3
- c) Only signs 2,3, 4
- d) None of the above

76. \_\_\_\_\_ is an umbrella term that refers to all types of abuses against older adults perpetrated by trusted individuals upon whom these elderly people typically depend.

- a) elder care
- b) elder violence
- c) **elder abuse**
- d) elder kill

77. \_\_\_\_\_ elder abuse is committed by an elder's family or friends, while \_\_\_\_\_ elder abuse is committed by employees at facilities and institutions designated to take care of elders.

- a) **Domestic, institutional**
- b) Institutional, domestic
- c) Family, medical
- d) Kinship, government

78. \_\_\_\_\_ refers to stereotyping and discrimination against individuals or groups on the basis of their age.

- a) Senilism
- b) Age bigotry
- c) **Ageism**
- d) Oldism

79. The term ageism was coined by \_\_\_\_\_ to describe discrimination against seniors, and patterned on sexism and racism.

- a) Karl Marx
- b) **Robert Neil Butler**
- c) Daniel Kahneman
- d) Anne Treisman

80. Fear of \_\_\_\_\_ and fear of \_\_\_\_\_ are major causes of ageism.

- a) **Fear of death, fear of disability and dependence**
- b) Fear of loss of job, fear of disability and dependence
- c) Fear of death, fear of loss of job
- d) Fear of dependency, fear of loss of job

81. What are the major causes of ageism?

- a) Fear of death, fear of loss of job
- b) **Fear of death, fear of disability and dependence**
- c) Fear of loss of job, fear of disability and dependence
- d) Fear of dependency, fear of loss of job

82. \_\_\_\_\_ageism refers to thoughts, feelings, and judgements about ageing that operate without conscious awareness and automatically produce in everyday life.

- a) Explicit ageism
- b) **Implicit ageism**
- c) Minor ageism
- d) Major ageism

83. \_\_\_\_\_ ageism involves conscious control and \_\_\_\_\_ ageism involves unconscious processes and judgements on the aged.

- a) Minor ageism, explicit ageism
- b) Minor ageism, major ageism
- c) Implicit ageism, explicit ageism
- d) **Explicit ageism, implicit ageism**

84. \_\_\_\_\_ ageism refers to conscious and controllable behaviors elicited toward individuals on the basis of their age.

- a) **Explicit ageism**
- b) Implicit ageism
- c) Minor ageism
- d) Major ageism

85. The fear of elderly people is called \_\_\_\_\_.

- a) ephibiphobia
- b) **gerontophobia**
- c) paedophobia
- d) geriophobia

86. Ageism can be expressed on a \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ level.

- a) **Micro, meso or macro**
- b) Macro, micro and sacro

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- c) Micro, sacro and macro
- d) Sacro, meso and macro

87. A \_\_\_\_\_ is a form of rule in which the entity is ruled by leaders who are significantly older than most of the adult population.

- a) kakistocracy
- b) geniocracy
- c) plutocracy
- d) **gerontocracy**

88. \_\_\_\_\_ ageism refers to the missions, rules, and practices that discriminate against individuals and or groups because of their older age.

- a) **Institutional ageism**
- b) Implicit ageism
- c) Explicit ageism
- d) Intentional ageism

89. Which of the following statements are examples of institutional ageism?

Example (i) You are the HR personnel of the company and you have initiated an open-door policy and treat all employees equally.

Example(ii) You are a manager to a fresh new team of entry-level employees. You believe that the young are incapable and lazy and try to micromanage them every day.

Example (iii) You're in a meeting to discuss a tech company's new social media strategy. Every time a new platform is mentioned, you take it upon yourself to explain it to those in the room who appear older than you.

- a) Only example (i)
- b) Only example (ii)
- c) Example (i) and (ii)
- d) **Example (ii) and (iii)**

90. A \_\_\_\_\_ is a difference of opinions between one generation and another regarding beliefs, politics, or values.

- a) generation progress
- b) **generation gap**
- c) lead generation
- d) generation differentiation

91. \_\_\_\_\_ is the withdrawal from one's position or occupation or from one's active working life.

- a) Downshifting
- b) Lay off
- c) **Retirement**
- d) Demotion

92. How does the death of a spouse affect the elderly?

Option 1 – Loss of independence

Option 2 – Sense of completion

Option 3 – New responsibilities

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- a) Only option 1
- b) Only option 2
- c) Option 1 and 2
- d) **Option 1 and 3**

93. \_\_\_\_\_ can have a devastating impact on immune systems of older people and is considered to be a major reason why many elderly persons die soon after loss of their loved one.

- a) Retirement
- b) **Bereavement**
- c) Survival
- d) Sustainable living

94. The \_\_\_\_\_ is the increase in the probability of a person dying a relatively short time after their long-time spouse has died.

- a) The grief effect
- b) The denial effect
- c) The burial effect
- d) **The widowhood effect**

95. The process of losing a spouse and dying shortly after has also been called \_\_\_\_\_ .

- a) **“dying of a broken heart”**
- b) “dying in union”
- c) “dying in loneliness”
- d) “dying in isolation”

96. India’s \_\_\_\_\_ schemes cover initiatives for the elderly such as retirement pension, family pension, widow pension, old-age pension, health insurance and medical benefits, disability benefits and gratuity.

- a) social justice
- b) social disintegration
- c) **social security**
- d) social conformity

97. The term \_\_\_\_\_ has been coined to describe the increasing numbers of women compared to men in the older population.

- a) **feminization of ageing**
- b) female mortality in ageing
- c) gender ageing
- d) female ageism

98. What is the major cause for the increasing number of elderly females than elderly men in the country?

- a) life expectancy of males is higher
- b) life expectancy of females is lower
- c) **life expectancy of females is higher**
- d) life expectancy of males is equal to that of females

99. As their health deteriorates and friends and spouses die, elders are at an increased risk for \_\_\_\_\_.

- a) social ignorance
- b) **social isolation**
- c) social integration
- d) social inclusion

100. \_\_\_\_\_ occurs when friends or neighbors build relationships of trust with elders in order to gain control of their finances.

- a) kinship
- b) aged controlling
- c) grouping
- d) **grooming**

101. Article \_\_\_\_\_ and Article \_\_\_\_\_ are the constitutional provisions for elderly persons in India.

- a) **Article 41 and Article 46**
- b) Article 42 and Article 47
- c) Article 43 and Article 48
- d) Article 44 and Article 49

102. The \_\_\_\_\_ Act, seeks to make it legal for the children or heirs to maintain their parents or senior citizens of the family.

- a) The Sashastra Seema Bal Act, 2007
- b) The Repealing and Amending Act, 2017
- c) **The Maintenance and Welfare of Parents and Senior Citizens Act, 2007**
- d) The Whistle Blowers Protection Act, 2014

103. The UNPF was tasked with implementing the Plan of the Second World Assembly which adopted “\_\_\_\_\_ Plan” on ageing in 2002.

- a) Chicago International Plan
- b) **Madrid International Plan**
- c) Mexico International Plan
- d) Brussels International Plan

104. Under Section \_\_\_\_\_ of Criminal Procedure Code, the elder parents can claim maintenance from their children.

- a) **125**
- b) 325
- c) 225
- d) 425

105. In 1982, the Report of the World Assembly on Ageing, also known as the \_\_\_\_\_ was published. This represented the first international debate on the rights of older persons and presented a plan for their implementation.

- a) The Security Council Plan on Ageing
- b) UNESCO Plan on Ageing
- c) The ASEAN Plan on Ageing
- d) **The International Plan on Ageing**

106. The \_\_\_\_\_ is conferred as a National award, and is given to eminent senior citizens and institutions under various categories for their contributions on 1st October on the occasion of International Day of Older persons.

- a) Vayovrithi Samman
- b) **Vayoshreshtha Samman**
- c) Vayoathishreshtha Samman
- d) Vayo Vandana Samman

107. The recipients of the \_\_\_\_\_ shall be declared every year on the 1st September and will be conferred on the 1st October on the occasion of International Day of Older Persons.

- a) Vayo Vandana Samman
- b) **Vayoshreshtha Samman**
- c) Vayoathishreshtha Samman
- d) Vayovrithi Samman

108. The \_\_\_\_\_ has been formulated and implemented in the country to provide dedicated health care facilities for elderly at various levels of State healthcare delivery system.

- a) Integrated Disease Surveillance Programme
- b) National Programme on Climate Change & Human Health
- c) Universal Immunization Program
- d) **National Programme for Health Care of Elderly**

109. The first recipient of the National Award for Iconic Mother was \_\_\_\_\_.

- a) Nandini Baktavatsala
- b) **Dr.SindhutaiSapkal**
- c) Dr. JankiAmmalEdavalathKakkat
- d) KarnamMalleswari

110. Which of the following are myths about ageing?

Option 1: People become less productive as they age.

Option 2: As people age, it appears that their ears get larger.

Option 3: People lose their memory as they age.

- a) Only option 1 is a myth.
- b) Only option 2 is a myth.
- c) Option 2 and 3 are myths.
- d) **Option 1 and 3 are myths.**

111. The grant-in-aid scheme called the \_\_\_\_\_ extends grants to NGOs for supporting old age homes, day care centres and mobile medi-care units.

- a) Sukanya Samridhi Yojna
- b) Rajiv Gandhi Grameen Vidyutikaran Yojana
- c) **Integrated Programme for Older Persons**
- d) Ujjawala Scheme

112. At the age of 103, \_\_\_\_\_ was given the Nari Shakti Puraskar award by the President of India for holding the world records in the Over-100 years old categories for a variety of events and being a source of inspiration in the area of women empowerment.

- a) Hima Das
- b) **Mann Kaur**
- c) Dutee Chand
- d) Avneet Kaur

113. What are the objectives of the Maintenance and Welfare of Parents and Senior Citizens Act, 2007?

Option 1: Revocation of transfer of property by senior citizens in case of negligence by relatives.

Option 2: Establishment of Old Age Homes for indigent Senior Citizens.

Option 3: Maintenance of Parents/senior citizens by children/ relatives made obligatory and justiciable through Tribunals.

- a) Only option 1 is an objective of the Act.
- b) Only option 2 is an objective of the Act.
- c) Only options 1 and 2 are objectives of the Act.
- d) **Option 1, 2 and 3 are objectives of the Act.**

114. Which Act in India provides for revocation of transfer of property by senior citizens in case of negligence by relatives?

- a) The Sashastra Seema Bal Act, 2007
- b) The Repealing and Amending Act, 2017
- c) **The Maintenance and Welfare of Parents and Senior Citizens Act, 2007**
- d) The Whistle Blowers Protection Act, 2014

115. Which Act in India has made the maintenance of parents/senior citizens by children/ relatives obligatory and justiciable through Tribunals?

- a) The Sashastra Seema Bal Act, 2007
- b) **The Maintenance and Welfare of Parents and Senior Citizens Act, 2007**
- c) The Repealing and Amending Act, 2017
- d) The Whistle Blowers Protection Act, 2014

116. Which national level programme has been implemented as part of execution of the goals envisaged under the UN Convention on the Rights of Persons with Disabilities?

- a) The National Programme for Health Care of the Sedentary
- b) The National Programme for Health Care of the Ageless
- c) The National Programme for Health Care of the Aged
- d) **The National Programme for Health Care of the Elderly**

117. The \_\_\_\_\_ is the national pension scheme specially intended for older adults above the age of 60 years, who fall below the poverty line.

- a) Mahatma Gandhi National Old Age Pension Scheme
- b) **Indira Gandhi National Old Age Pension Scheme**
- c) Sanjay Gandhi National Old Age Pension Scheme
- d) Rajiv Gandhi National Old Age Pension Scheme

118. Which national insurance policy aids seniors by covering the cost of medicines, blood, ambulance charges, and other diagnosis related charges?

- a) Vayorishi Mediclaim Policy

- b) Vayovandana Mediclaim Policy
  - c) **Varishta Mediclaim Policy**
  - d) Vayomitra Mediclaim Policy
119. \_\_\_\_\_ is an old-age pensioner scheme administered through the Life Insurance Corporation (LIC). This pension plan provides reimbursement of payouts related to an immediate annuity plan for senior citizens.
- a) Jeevan Amar
  - b) Sukanya Samriddhi Yojana
  - c) Aadhaar Shila
  - d) **Varishtha Pension Bima Yojana**
120. In general, the rights stipulated for the older persons in international instruments stem from the principles of \_\_\_\_\_ and \_\_\_\_\_
- a) **dignity and non-discrimination**
  - b) dignity and self worth
  - c) self worth and non- discrimination
  - d) self worth and self esteem
121. Which of the following is not a human right of older people?
- a) Right to liberty and personal security
  - b) **Right to discrimination**
  - c) Right to a fair hearing
  - d) Right to life protected by law
122. Which of the following statements is not a part of the United Nations Principles for Older Persons?
- a) Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
  - b) Older persons should be able to form movements or associations of older persons.
  - c) **Older persons should be taken out for social gatherings every day.**
  - d) Older persons should have access to social and legal services to enhance their autonomy, protection and care.
123. The human rights of older persons can be divided into three main categories. They are:
- a) protection, discrimination and image.
  - b) protection, participation and discrimination
  - c) discrimination, participation and image.
  - d) **protection, participation and image.**
124. \_\_\_\_\_ , in the context of rights of older persons, refers to securing the physical, psychological and emotional safety of older persons with regard to their unique vulnerability to abuse and ill treatment.
- a) **Protection**
  - b) Participation
  - c) Discrimination
  - d) Image
125. \_\_\_\_\_ , in the context of rights of older persons, refers to the need to establish a greater and more active role for older persons in society.

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- a) Protection
- b) **Participation**
- c) Discrimination
- d) Image

126. \_\_\_\_\_, in the context of rights of older persons, refers to the need to define a more positive, less degrading and discriminatory idea of who older persons are and what they are capable of doing.

- a) Protection
- b) Participation
- c) Discrimination
- d) **Image**

127. Which scheme provides physical aids and assisted-living devices for older adults above 60 years of age that belong to the below the poverty line category?

- a) Rashtriya Vayomitra Yojana
- b) **Rashtriya Vayoshri Yojana**
- c) Rashtriya Vayaratna Yojana
- d) Rashtriya Vayovandana Yojana

128. \_\_\_\_\_ scheme was launched in 2018 by the Ministry of Health and Family Welfare for covering up to 10 crore people belonging to poor and vulnerable families. Under this scheme, coverage of up to Rs. 5 lakhs per family for secondary and tertiary hospitalization is provided.

- a) Pradhan Mantri Lok Arogya Yojana
- b) Pradhan Mantri Swadesh Arogya Yojana
- c) **Pradhan Mantri Jan Arogya Yojana**
- d) Pradhan Mantri Man ki baat Arogya Yojana

129. The \_\_\_\_\_ scheme was launched in 2007 by the Ministry of Finance to benefit senior citizens through which they can mortgage their residential property against a loan of 60% of the value of the house, with a minimum tenure of 10 years.

- a) Individual Mortgage Scheme
- b) Remedial Mortgage Scheme
- c) Recovery Mortgage Scheme
- d) **Reverse Mortgage Scheme**

130. The \_\_\_\_\_ fund launched by the Ministry of Social Justice and Empowerment includes unclaimed amounts from small savings and savings accounts in the Central government schemes. It aims to make seniors financially stable for their overall welfare and health care.

- a) **Senior Citizens' Welfare Fund**
- b) Senior Citizens' Care Fund
- c) Senior Citizens' Medical Fund
- d) Senior Citizens' Support Fund

131. \_\_\_\_\_ scheme implemented by the Kerala State Government envisages assisting the care givers of physically and mentally disabled/ old-aged bed-ridden patients, who are their family members or relatives.

- a) Arogyakiranam Scheme

- b) **Aswasakiranam Scheme**
- c) Apekshakiranam Scheme
- d) Sandvanakiranam Scheme

132.Kerala Social Security Mission is implementing the \_\_\_\_\_ project to provide health care and support to elderly above the age of 65 years residing at Corporation/Municipal Areas in the state.

- a) Vayomandiram project
- b) Vayoaroogyam project
- c) **Vayomithram project**
- d) Vayoshreshta project

133.Which project implemented by the Kerala Social Security Mission as a joint initiative to Local Self Government Department in corporation/ municipality areas provides free health care to the old age people?

- a) Vayoshreshta project
- b) Vayomandiram project
- c) Vayoaroogyam project
- d) **Vayomithram project**

134.\_\_\_\_\_ project is a new initiative of Kerala State Social Justice Department that provides day care facilities for the senior citizens above 60 years in co-operation with LSGD institutions.

- a) **Sayamprabha Home**
- b) Sayamraksha Home
- c) Suraksha Home
- d) Sudeepam Home

135. Which scheme implemented by the Kerala Social Security Mission provides free medicines through mobile clinics, Palliative care, Counseling service etc to senior citizens above 65 years of age residing at corporation / municipality?

- a) Vayoshreshta project
- b) **Vayomithram project**
- c) Vayoaroogyam project
- d) Vayomandiram project

136.\_\_\_\_\_ is a new initiative by Kerala State Social Justice Department for giving free tooth set for the senior citizens. The scheme aims to reduce nutritional, physical and mental problems faced by the elderly people after losing teeth.

- a) Mandasmitham
- b) Punchiri
- c) **Mandahasam**
- d) Pudupunchiri

137.\_\_\_\_\_ is an initiative implemented by the Kerala State Social Justice Department that ensures treatment for inmates of old age homes.

- a) Vayoakhilam
- b) **VayoAmrutham**

- c) Vayosakhi
- d) Vayooushadi

138.As part of which scheme is Ayurvedic treatment being provided to the inmates of all the Government Old Age Homes functioning under Social Justice Department of Kerala?

- a) Vayoakhilam
- b) Vayosakhi
- c) **VayoAmrutham**
- d) Vayooushadi

139.What is the national emergency helpline number for senior citizens in India?

- a) 1095
- b) 1066
- c) 1097
- d) **1291**

140. Which scheme in India provides food security to senior citizens that are not covered by the National Pension Scheme by providing 10Kg of staple grain per month?

- a) **Annapurna Yojana**
- b) KhaanaKazhanaYojana
- c) SuswasthYojana
- d) Jeevan Suraksha Yojana

141. At what age will a person qualify as a very senior citizen under the Income Tax Law?

- a) The age of 60 years or above at any time during the respective year.
- b) The age of 70 years or above at any time during the respective year.
- c) **The age of 80 years or above at any time during the respective year.**
- d) The age of 90 years or above at any time during the respective year.

142. The tax exemption limit for the financial year 2020-21 available to a resident senior citizen is \_\_\_\_\_.

- a) Rs. 1,00,000
- b) Rs. 2,00,000
- c) **Rs. 3,00,000**
- d) Rs. 4,00,000

143.The exemption limit for the financial year 2020-21 available to a resident very senior citizen is \_\_\_\_\_.

- a) Rs. 4,00,000
- b) **Rs. 5,00,000**
- c) Rs. 6,00,000
- d) Rs. 7,00,000

144. \_\_\_\_\_ is a pension scheme for senior citizens in India that offers a guaranteed payout of pension at a specified rate for 10 years.

- a) Pradhan Mantri Varishtha Yojana
- b) Pradhan Mantri Vayoshreshtha Yojana
- c) **Pradhan Mantri Vaya Vandana Yojana**
- d) Pradhan Mantri Vayo Mithra Yojana

145. Which housing scheme features compulsory ground floor housing accommodation for senior citizens and the differently abled?

- a) Pradhan Mantri Vaya Vandana Yojana
- b) Pradhan Mantri Vasishta Yojana
- c) Pradhan Mantri GrihaSanskriti Yojana
- d) **Pradhan Mantri Awas Yojana**

146. \_\_\_\_\_ scheme provides financial assistance up to 90% of the project cost to NGOs for establishing and maintaining old age homes, day care centers, mobile medicare units and to provide non institutional services to older persons.

- a) **The Integrated Program for Older Persons**
- b) The Initial Program for Older Persons
- c) The Innovative Program for Older Persons
- d) The Indigenous Program for Older Persons

147. Kerala Police introduced a mobile application named \_\_\_\_\_ to support senior citizens living alone during COVID-19 lockdown period.

- a) Prateeksha
- b) **Prasanthi**
- c) Suraksha
- d) Aparajitha

148. \_\_\_\_\_ is a safety initiative conceived under Kerala's Community Policing Scheme for the protection of senior citizens. It helps elderly citizens attract the attention of their neighbors using a loud, remote-controlled alarm in emergencies.

- a) Bell of trust
- b) Bell of care
- c) Bell of hope
- d) **Bell of faith**

149. Indian Railways had launched \_\_\_\_\_ service as a move to make rail travel comfortable for elderly, differently-abled and ailing travellers. The service facilitates access to wheelchairs, battery operated cars and porter services to elderly, sick and disabled.

- a) **Yatri Mitra Sewa**
- b) YatriSukhSewa
- c) Yatri Suraksha Sewa
- d) YatriSahayakSewa

150. The Indian Railways grants \_\_\_\_\_ per cent concession in passenger fares to transgender senior citizens since 2019.

- a) 20%
- b) 30%
- c) **40%**
- d) 50%

151. Which tool measures the level to which older people live independent lives, participate in paid employment and social activities, and their capacity to age actively?

- a) **The Active Ageing Index**
- b) The Social Ageing Index
- c) The Independent Ageing Index
- d) The Prime Ageing Index

152. \_\_\_\_\_ is a comprehensive list of commitments on ageing for United Nations Member States all over the world.

- a) Chicago International Plan of Action on Ageing
- b) **Madrid International Plan of Action on Ageing**
- c) Mexico International Plan of Action on Ageing
- d) Brussels International Plan of Action on Ageing

153. The Active Ageing Index \_\_\_\_\_ is a tool to measure the untapped potential of older people for active and healthy ageing across countries.

- a) The Independent Ageing Index
- b) The Social Ageing Index
- c) **The Active Ageing Index**
- d) The Prime Ageing Index

154. Which of the following is not one of the three priority directions of MIPAA (one of the main guiding frameworks for the work of UNECE on ageing)?

- a) Older persons and development
- b) Advancing health and well-being into old age
- c) Ensuring enabling and supportive environments
- d) **Collection of statistical data on old age homes**

155. With the intention of an old age friendly State, the Social Justice Department under Government of Kerala introduced a new initiative called \_\_\_\_\_ that provides glucometers freely to elderly diabetic persons coming under BPL category.

- a) **Vayomadhuram**
- b) Mandurasmitham
- c) Vayojanakam
- d) Mandahasam

156. A task which arises predictably and consistently at or about certain period in the life of the individual

- a) **Developmental task**
- b) Personal characteristics
- c) Cognitive task
- d) Cultural task

157. Which of the following is a developmental task of old age

- a) Managing a home
- b) **Establishing satisfactory physical living arrangements**

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- c) Raring children
  - d) None of the above
158. The timing and extent of physical changes during old age is influenced by
- a) Gender
  - b) Life style**
  - c) Culture
  - d) Attitude
159. “ Have I contributed to the well-being of others?” is a question that arises in which of the psychosocial developmental stages of Erickson
- a) Adolescence
  - b) Adulthood
  - c) Old age**
  - d) Childhood
160. The number of years that will probably be lived by the average person born in a particular year
- a) Life span
  - b) Life expectancy**
  - c) Ageism
  - d) None of the above
161. Cellular clock theory is formulated by
- a) Leonard Hayflick**
  - b) John Bowlby
  - c) Austad
  - d) Chehab
162. The theory which states that cells become less capable to divide as age increases
- a) Free radical theory
  - b) Mitochondrial theory
  - c) Evolutionary theory
  - d) Cellular clock theory**
163. The theory which states that people age because unstable oxygen molecules are produced in the cells and damage cellular structures
- a) Free radical theory**
  - b) Mitochondrial theory
  - c) Evolutionary theory
  - d) Cellular clock theory
164. The culture based software programs of the mind
- a) Cognitive mechanics
  - b) Neuronal plasticity
  - c) Cognitive pragmatics**
  - d) All of the above
165. Which among the following is true of old age
- a) People who are best able to adjust well to changing situations early in life are also able to better adjust later in life
  - b) People who believe that the elderly are sick, vulnerable, and grumpy often act according to such beliefs
  - c) The elderly who had more positive perceptions about aging also lived longer

**d) All of the above**

166. NOT a Significant social stage in late adulthood

- a) Retirement
- b) Dealing with grief
- c) Dealing with bereavement

**d) Empty nest**

167. A type of health care that treats terminally ill people when cure-oriented treatments are no longer an option

- a) Hospice**
- b) Mercy killing
- c) Old age home
- d) Palliative care

168. Erik Erikson's developmental stages of life, with which challenge must older people struggle?

- a) Overcoming despair to achieve integrity**
- b) Overcoming role confusion to achieve identity
- c) Overcoming isolation to achieve intimacy
- d) Overcoming shame to achieve autonomy

169. Which among the following is NOT a characteristic of old age

- a) Old age is a period of decline
- b) Old age is judged by different criteria
- c) Better adjustment**
- d) Old age is associated with many stereotypes

170. Which among the following is NOT a characteristic of change in physiological functions in old age

- a) Decline in visual ability
- b) Decline in smell and taste
- c) Poor recent memories but better remote memories
- d) Poor remote memories but better recent memories**

171. Poor adjustment to retirement is seen among those who are

- a) In good health
- b) Adequate social network
- c) Not having a thought of retirement**
- d) Better educated

172. Which among the following is NOT a characteristic feature of old age

- a) Adjustment to retirement
- b) Maintain a standard of living**
- c) Adjust to faster physiological changes
- d) Try to find meaning in life
- e)

173. A term for prejudice and discrimination directed at older people

- a) Euthanasia
- b) Ageism**

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- c) Neglect
  - d) Stereotype
174. Nature of friendship seen among old age people
- a) Less selective in their friendships than when they were younger
  - b) Friendships are formed in order to enhance status
  - c) Friendships are formed in order to enhance financial status
  - d) Friendships are based purely on a sense of connection**
175. The maximum number of years an individual can live
- a) Life
  - b) Life expectancy
  - c) Life span**
  - d) None of the above
176. Which physiological change is NOT common in old age people
- a) Thickening of arterial wall**
  - b) Increasing myocardial contractibility
  - c) Decrease in secretion of digestive enzymes
  - d) Decreasing the working ability of kidneys
177. Which among them is NOT a developmental task of old age
- a) Maintain body image
  - b) Accept implications of retirement
  - c) To deal with the death of significant ones
  - d) To find a better job after retirement**
178. Which is the sensory changes in vision occur during old age
- a) Presbyopia
  - b) Thickening of optical lens
  - c) Reduced peripheral vision
  - d) Thinning of optical lens**
179. The term ageism is coined by
- a) Robert Butler**
  - b) Kubler Ross
  - c) John Bowlby
  - d) Heyflick
180. Cellular clock theory of aging is also known as
- a) Cell organization theory
  - b) Telomere theory**
  - c) Mitochondrial theory
  - d) None of these
181. -----play an important role in neuronal plasticity

- a) **Mitochondria**
  - b) Serotonin
  - c) DNA
  - d) RNA
182. When cells metabolize energy, the by-product include unstable oxygen molecules known as --  
-
- a) Mitochondria
  - b) Telomere
  - c) Peptin
  - d) **Free radicals**
183. ----- are tiny bodies within cells that supply essential energy cell function, growth and repair
- a) Nucleus
  - b) **Mitochondria**
  - c) Amino acids
  - d) Proteins
184. --- states that the aging immune system becomes confused and releases antibodies that attack body and own cells
- a) **Autoimmune theory**
  - b) Immunity theory
  - c) Hormonal stress theory
  - d) None of these
185. Who described retirement as the termination of a pattern of life or a transition to a new pattern of life?
- a) **Schwartz**
  - b) Heyflick
  - c) Butler
  - d) Erickson
186. The retirement before the age of compulsory retirement because of health or a desire to spend the remaining years of there lies doing things that are more meaningful to them than their jobs is called \_\_\_\_
- a) Forced retirement
  - b) Superannuation
  - c) **Voluntary retirement**
  - d) None of these
187. Who divided elderly people into two general categories on the basis of their attitudes toward retirement?
- a) Schwartz
  - b) Erickson
  - c) **Havighrust**
  - d) Heyflick

188. Elderly people who are able and willing to change their lifestyles by reducing their activities by choice and by creating for themselves new and enjoyable lifestyles come under the category of \_\_\_\_\_.
- a) Give ups
  - b) Sedentary
  - c) Maintainers
  - d) Transformers**
189. The category of elderly people who hold on to work by pursuing part-time assignments after retirement and by supplementing this with other activities to fill their time are called \_\_\_\_\_.
- e) Give ups
  - f) Sedentary
  - g) Maintainers**
  - h) Transformers
190. Age range of people generally referred to as young old is .....
- a) 55 to 60
  - b) 65 to 74**
  - c) 75 to 84
  - d) 80
191. .... theory proposes that certain genes may cause problems in the immune system , which declines with age, leaving the body vulnerable to infectious disease
- a) Wear and tear theory
  - b) free radical theory
  - c) Immunological theory**
  - d) Autoimmune theory
192. Aging which results from disease, abuse and disuse, the factors that are often within a person's control is called
- a) Primary aging
  - b) Secondary aging**
  - c) Territory aging
  - d) Functional aging
193. The study of age and aging process is called
- a) Geriatrics
  - b) Andragogy
  - c) Pedagogy
  - d) Gerontology**
194. .... theory explains that highly unstable oxygen atoms or molecules formed during metabolism, which react with and can damage cell membranes, cell proteins, fats, carbohydrates
- a) Free-radical theory**
  - b) Wear and tear theory
  - c) Immunological theory
  - d) Error theory

195. An aging immune system can become “confused” and release antibodies that attack the body’s own cells . This malfunction is called .....
- a) Autophagy
  - b) Autoimmunity**
  - c) Autolysis
  - d) Apoptosis
196. .... theory holds that the body ages as a result of accumulated damage to the system at the molecular level
- a) free radical theory
  - b) Rate-of-living theory
  - c) wear and tear theory**
  - d) genetic programming theory
197. \_\_\_\_\_ is a gradual, inevitable process of bodily deterioration that begins early in life and continues through the years, irrespective of what people do to stave it off
- a. Primary aging**
  - b. Secondary aging
  - c. Tertiary aging
  - d. Functional aging
198. Aging results from disease, abuse, and disuse—factors that are often within a person’s control is called \_\_\_\_\_
- a. Functional aging
  - b. Primary aging
  - c. Secondary aging**
  - d. Tertiary aging
199. The study of the aged and aging processes is called \_\_\_\_\_
- a. Gerontology**
  - b. Oncology
  - c. Argology
  - d. Astacology
200. The branch of medicine concerned with aging is called \_\_\_\_\_
- a. Angiology
  - b. Geriatrics**
  - c. Oncology
  - d. None of the above
201. Chronological range of young olds is -----
- a. 60 to 75
  - b. 55 to 70
  - c. 65 to 74**
  - d. 60 to 85
202. Chronological range of old olds is-----

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- a. 70 to 85
- b. 60 to 80
- c. 76 to 85
- d. 75 to 84**

203. Chronological range of oldest olds is-----

- a. 80 and above
- b. 85 and above**
- c. 90 and above
- d. 88 and above

204. How well a person functions in a physical and social environment in comparison with others of the same chronological age is known as -----

- a. Successful age
- b. Comparative age
- c. Functional age**
- d. Chronological age

205. ----- is the age to which a person born at a certain time and place is statistically likely to live, given his or her current age and health status.

- a) Life expectancy**
- b) Longevity
- c) Life span
- d) Human span

206.-----is the Length of an individual's life.

- a) Life expectancy
- b) Human life span
- c) Longevity**
- d) Life span

207. ----- is the longest period that members of a species can live.

- a) Life span**
- b) Longevity
- c) Life expectancy
- d) Human life

208. -----is the period of the life span marked by declines in physical functioning usually associated with aging; begins at different ages for different people.

- a) Life span
- b) Senescence**
- c) Longevity
- d) Life expectancy

209. Who proposed continuity theory?

- a) Erikson
- b) Robert Atchley**
- c) Lazarus
- d) Folkman

210. ----- are cloudy areas in the lens, resulting in foggy vision and (without surgery) eventual

blindness increases tenfold from middle to late adulthood.

- a) Blindness
- b) Cataract**
- c) Macular degeneration
- d) Glaucoma

211. - - - - - refers to a set of disorders occurring almost entirely in old age in which many aspects of thought and behavior are so impaired that everyday activities are disrupted.

- a) Dementia**
- b) Glaucoma
- c) Depression
- d) Degeneration

212. - - - - - refers to remembering to engage in planned actions in the future.

- a) Explicit Memory
- b) Procedural Memory
- c) Prospective memory**
- d) Remote memory

213. - - - - - refers to acceleration in deterioration of cognitive functioning prior to death.

- a) Terminal decline**
- b) Remote memory
- c) Cognitive decline
- d) Memory decline

214.----- involves extensive practical knowledge, ability to reflect on and apply that knowledge in ways that make life more bearable and worthwhile, emotional maturity, and altruistic creativity.

- a) Language processing
- b) Sleep apnea
- c) Remote memory
- d) Wisdom**

215. According to-----, most aging adults strive to maintain a personal system an identity and a set of personality dispositions, interests, roles, and skills that promotes life satisfaction by ensuring consistency between their past and anticipated future.

- a) Activity theory
- b) Continuity theory**
- c) Disengagement theory
- d) Selectivity theory

216. According to-----, older people decrease their activity levels and interact less frequently, becoming more preoccupied with their inner lives in anticipation of death.

- a) Disengagement theory**
- b) Activity theory
- c) Continuity theory
- d) Selectivity theory

217.----- theory states that social networks become more selective with age.

- a) **Socioemotional Selectivity**
- b) Activity theory
- c) Continuity theory
- d) Disengagement theory

218. -----, is a backup capacity that helps body systems function to their utmost limits in times of stress.

- a) **Reserve capacity**
- b) Hereditary
- c) Variability
- d) Deterioration

219. Reserve capacity is also called-----

- a) **Organ reserve**
- b) Deterioration
- c) Variability
- d) Heredity

220.----- is the Progressive, irreversible, degenerative brain disorder characterized by cognitive deterioration and loss of control of bodily functions, leading to death.

- a) Parkinsons disease
- b) **Alzheimer's disease**
- c) Cardiovascular disease
- d) Epilepsy

221.-----is the Progressive, irreversible degenerative neurological disorder, characterized by tremor, stiffness, slowed movement, and unstable posture.

- a) **Parkinsons disease**
- b) Alzheimer's disease
- c) Cardiovascular disease
- d) Epilepsy

222.-----is the Short-term storage of information being actively processed.

- a) **Working memory**
- b) Sensory memory
- c) Remote memory
- d) Prospective memory

223.----- refers to the Long-term memory of specific experiences or events, linked to time and place.

- a) Working memory
- b) Sensory memory
- c) Remote memory
- d) **Episodic memory**

224.-----is the Long term memory of general factual knowledge, social customs, and language.

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- a) Episodic memory
- b) Procedural memory
- c) **Semantic memory**
- d) Remote memory

225.----- is the Long-term memory of motor skills, habits, and ways of doing things, which can be recalled without conscious effort.

- a) Episodic memory
- b) **Procedural memory**
- c) Semantic memory
- d) Remote memory

226. Cognitive appraisal model was proposed by-----

- a) **Lazarus & Folkman**
- b) Pimely
- c) Novacek
- d) Leventhal

227. The definition of Death in terms of the last phase or the closing phase of an individual's life which will be usually followed with regard to old age was made by -----

- a) Bowlby
- b) **Laymens**
- c) Harris
- d) Jung

228. \_\_\_\_\_ is defined by an absence of heartbeat and breathing, which means the two indicators of life.

- a) **Functional death**
- b) Brain death
- c) Normal death
- d) Death

229. Irreversible cessation of all activity in the brain and the brain stem

- a) Functional death
- b) **Brain death**
- c) Normal death
- d) Death

230. Is a state in which the cerebral cortex no longer registered electrical activity but the brain stem remained active.

- a) Functional death
- b) **Persistent vegetative state**
- c) Brain death
- d) Death

231. \_\_\_\_\_ refers specifically to a widely observed decline in cognitive abilities shortly before death

- a) **Terminal decline**
- b) Termination
- c) Death
- d) Cognitive death

232. Fear and apprehension of death is called

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- a)Terminal drop
- b)Death anxiety**
- c) Death phobia
- d)Death anticipation

233. \_\_\_\_ refers to the study of death and dying.

- a)Thanatology
- b)Terantology**
- c) Zoology
- d)Geology

234. Once a living thing dies, it cannot be brought back to life. It refer to

- a)Finality**
- b)Universality
- c) Applicability
- d)Non-functionality

235. \_\_\_\_ is a defence mechanism by which people avoid the implication of an illness.

- a)Denial**
- b)Anger
- c) Bargaining
- d)Acceptance

236. Trading good behaviour for good health is called\_\_\_\_

- a)Denial
- b)Anger
- c) Bargaining**
- d)Acceptance

237. Which is the symptom of depression

- a)Depressed mood
- b) loss of interest
- c) feel hopeless
- d) All the above**

238. Last stage of Grief identified by Kubler Ross

- a)Denial
- b)Anger
- c) Bargaining
- d)Acceptance**

239.Old age is known to be affected positively by which among the following?

- a. Drug consumption
- b. Early retiring
- c. Mental activity and physical activity**
- d. None of the above

240. During late adulthood, women have women often have healthy social networks but lacks.....

- a. Financialresources**
- b. Friends
- c. Good health

**d.** All the above

241. .... theory states that older adults become more selective about their social relationships.
- a) Selective-optimization theory
  - b) Transformation theory
  - c) Socio-emotional selectivity theory**
  - d) Altered social view theory
242. When we consider a global scenario, widows outnumber widowers
- a) True**
  - b) False
  - c) Not Specified
  - d) Partially True
243. According to Socio-emotional selectivity theory, majority of older adults are in emotional despair because of their social isolation
- a) True
  - b) False**
  - c) Not Specified
  - d) Partially True
244. Two goals that individuals are motivated to achieve are:
- a) Knowledge-related and emotional**
  - b) Knowledge-related and rational
  - c) Self-related and emotional
  - d) Self-related and rational
245. Selective optimization with compensation theory states that successful ageing is linked with three main factors such as selection, optimization and.....
- a) Preparation
  - b) Compensation**
  - c) Orientation
  - d) None of the above
246. The reason for widows to outnumber widowers can be attributed to:
- a) Women live longer than men
  - b) Women marry men who are aged than them
  - c) Widowers are more likely to marry again
  - d) All the above**
247. .... is found to be linked to better coping with a spouse's death.
- a) Religious participation**
  - b) Financial stability
  - c) High self esteem
  - d) All the above
248. In general, women adjust better than men to the death of a spouse.
- a) True**
  - b) False
  - c) Not Specified
  - d) Partially True

249. .... is the term used to refer to the type of grief that involves enduring despair extended over a period of time
- a) Grief
  - b) Bereavement
  - c) **Prolonged grief**
  - d) Mourning
250. Grief, anxiety and..... are the common reaction to the death of a loved one
- a) Restlessness
  - b) **Depression**
  - c) Guilt
  - d) Nervousness
251. The factor(s) that have lead to the increase of remarriage in older adults, especially in the developed countries are:
- a) Rising divorce rates
  - b) Increased longevity
  - c) Better health during old age
  - d) **All the above**
252. The physical and emotional care taking of older members of the family is termed as .....
- a) Old age homes
  - b) Recreational care
  - c) Foster care
  - d) **Elder care**
253. .... is the prejudice against others because of their age, especially against older adults
- a) Ageing
  - b) **Ageism**
  - c) Age-based social isolation
  - d) None of the above
254. Generational inequity is the view that our aging society is being unfair to its younger generation because older people pile up advantages by receiving an inequitably large allocation of resources.
- a) **True**
  - b) False
  - c) Not Specified
  - d) Partially True
255. .... is the view that our aging society is being unfair to its younger generation because older people pile up advantages by receiving an inequitably large allocation of resources.
- a) **Generational inequity**
  - b) Trans-generational inequality
  - c) Generational inequality
  - d) Trans-generational inequity
256. self-esteem tends to ----in old age
- a. **Decline**
  - b. Increase

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- c. Fluctuate
  - d. Remainunchanged
257. Ageism is-----
- a. Rejection of elders
  - b. Attraction towards elders
  - c. Prejudice against elders**
  - d. Empathy for elders
258. According to Selective optimisation with compensation theory, successful aging is associated with
- a) Selection,socialisation and compensation
  - b) Selection, optimisation and compensation**
  - c) Selection, openness to experience and creativity
  - d) Selection, productivity and commitment
259. ----is the emotional numbness, disbelief, separation anxiety and loneliness associated with the loss of significant someone
- a) Despair
  - b) Trauma
  - c) Crisis
  - d) Grief**
260. Dual process model of bereavement suggest the oscillation between these two dimensions.
- a) Loss oriented stressors and Restoration oriented stressors**
  - b) Grief oriented stressors and Restoration oriented stressors.
  - c) Trauma oriented stressors and Restoration oriented stressors
  - d) Deathoriented stressors and Restoration oriented stressors
261. The most important contribution of great grandparents is.....
- a) Generativity
  - b) Emotional support
  - c) Transmit of family history**
  - d) Imparting values
262. Who among the following is known for her book “On Death and Dying”?
- a) Elizabeth Hurlock
  - b) Elisabeth Kubler-Ross**
  - c) Jean Piaget
  - d) Jerome Bruner
263. The program designed to provide better care for dying people
- a) Foster care
  - b) Hospice care**
  - c) Death care system
  - d) Palliative care

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264. ....is the second stage of dying

- a) Depression
- b) Anger**
- c) Bargaining
- d) Denial

265. Communicating with the dying individual is a thing.....

- a) To be done**
- b) Not to be done
- c) To be decided by the family
- d) Tobe decided by the doctor

266. People who marry in their old age are usually...

- a) Happy and less distressed**
- b) Desperate
- c) Have more conflicts
- d) Distressed

267. There are more divorced old aged women than men.Which of the following can be the best reason?

- a) Stigma
- b) Greater longevity**
- c) Genetics
- d) Prejudice

268.Whichamong the following is the major consequence of divorce in old age?

- a) Financial burden
- b) Insecurity
- c) Health problems
- d) All of the above**

269. Elder adults having more restricted social contacts are more likely to develop.....

- a. Schizophrenia
- b. Depression**
- c. Anxiety
- d. PTSD

270.The more active and involved the older adults, the more likely they are to experience life satisfaction.Identify the theory stating this.

- a) Socio emotional theory
- b) Biopsychosocial theory
- c) Activity theory**
- d) Activation theory

271. Prolonged griefis the unresolved prolonged despair followed by the death of a

.....

- a) Pet
- b) Spouse
- c) Friend
- d) Lovedone**

272. ----is one of the most important protective factors that help widows and widowers to cope with their loss

- a) Empathy
- b) Financial security

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- c) Availability of children
- d) Social support**

273. One of the most common aspectof mourning in many cultures is.....

- a) Prayer
- b) Ceremonial Meal
- c) Funeral Function**
- d) Chanting

274. Studies show that older men become more nurturing and sensitive.

- a) True
- b) False
- c) Not Specified
- d) Partially True

275. In the convoy model of social relations, individuals go through life embedded in a personal network of individuals to whom they give and from whom they receive .....

- a) Social support**
- b) Tangential assistance
- c) Financial assistance
- d) None of the above

276. The parents of one’s grandparents are called .....

- a) Big parents
- b) Great grandparents**
- c) Big grandparents
- d) Great parents

277. ....is a personality trait which is found to be related to higher mortality rates in older adults

- a) Neuroticism**
- b) Emotional stability
- c) Intelligence
- d) Introversion

278. The term used to refer to an older couple living consensually without getting legally married to each other is.....

- a) Cohabiting older adults**
- b) Unmarried older adults
- c) Remarried older adults
- d) Old Age Couples

279. One major change that happens during late adulthood is.....

- a) Parenthood
- b) Career breaks
- c) Job hopping
- d) Grandparenthood**

280. Older people always find it easier to cope with any change in their social and physical environment than any other age groups.

- a) True

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- b) **False**
- c) Not Specified
- d) Partially True

281. Majority of divorced happen in late adulthood

- a) True
- b) **False**
- c) Not Specified
- d) Partially True

282. Quality of life in late adulthood is assessed using

- a) Psychological tests
- b) Interviews
- c) Observations
- d) **All the above**

283. The empty nest syndrome extends from middle to late adulthood

- a) **True**
- b) False
- c) Not Specified
- d) Partially True

284. A single man faces more loneliness in late adulthood compared to married men

- a) True
- b) **False**
- c) Not Specified
- d) Partially True

285. According to the .....individuals go through life embedded in a personal network of individuals to whom they give and from whom they receive social support

- a) **Convoy model of social relations**
- b) Reciprocal model of social relations
- c) Dual mode of social relations
- d) None of the above