

**GOVERNMENT ZIRTIRI RESIDENTIAL SCIENCE COLLEGE**

**Subject: Home Science**

**Paper name: Human Development : Adolescent and Adulthood**

**Paper No: HS/VI/CC/35**

**Semester: 6th semester**

**A. Tick the correct answer: 1x25=25**

1. Socio cultural view of adolescence
  - a) G. Stanley Hall ( )
  - b) Margaret Mead ( )
  - c) Leta Stetter Hollingworth ( )
  - d) Sigmund Freud ( )
  
2. A key task of adolescence is preparation for
  - a) family ( )
  - b) marriage ( )
  - c) adulthood ( )
  - d) vocation ( )
  
3. Storm and stress view
  - a) Froebel ( )
  - b) G. Stanley Hall ( )
  - c) Charles Darwin ( )
  - d) Pestalozzi ( )
  
4. Adolescence is transitional stage of physical and mental human development that occurs between childhood and
  - a) old age ( )
  - b) retirement ( )
  - c) infancy ( )
  - d) adulthood ( )
  
5. One of the most difficult developmental tasks of adolescence relates to
  - a) social adjustment ( )
  - b) romance ( )
  - c) school life ( )
  - d) emotional adjustment ( )
  
6. To an adolescent, smoking is a symbol of
  - a) maturity ( )
  - b) independence ( )
  - c) adulthood ( )
  - d) victory ( )
  
7. Emotional maturity is achieved during
  - a) early adolescence ( )
  - b) late adolescence ( )
  - c) early adulthood ( )
  - d) middle adulthood ( )
  
8. Most times, pregnant teens attempt

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- a) suicide ( )
  - b) running away ( )
  - c) heavy drinking ( )
  - d) adortion ( )
9. Adolescence is a socio-historical creation
- a) inventionist ( )
  - b) anthropologist ( )
  - c) biologist ( )
  - d) psychologist ( )
10. A system to clear pent-up emotional energy
- a) independence ( )
  - b) supportive strength ( )
  - c) emotional catharsis ( )
  - d) reserve capacity ( )
11. Friends in adulthood are selected on the basis of
- a) ethnicity ( )
  - b) congeniality ( )
  - c) popularity ( )
  - d) respectability ( )
12. Physical changes during early adulthood are
- a) overt ( )
  - b) subtle ( )
  - c) apparent ( )
  - d) obvious ( )
13. Troubled marriages usually become more \_\_\_\_\_ after a baby is born
- a) satisfying ( )
  - b) supportive ( )
  - c) distressed ( )
  - d) stable ( )
14. An important element of intimacy is
- a) self-esteem ( )
  - b) self-disclosure ( )
  - c) self-confidence ( )
  - d) self-respect ( )
15. In choosing a career, every man should understand his own
- a) interests ( )
  - b) abilities ( )
  - c) resources and limitations ( )
  - d) all of the above ( )
16. A lessened ability to focus on near objects is
- a) myopia ( )

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- b) presbyopia ( )  
c) prsbycusis ( )  
d) insomnia ( )
17. Due to poor eating habits which adds burden to the functioning of the digestive system, this condition is very common in middle age  
a) loss of appetite ( )  
b) diarrhea ( )  
c) constipation ( )  
d) joint pains ( )
18. When the financial strains of early adulthood lessen, middle aged people become keenly interested in  
a) grand children ( )  
b) old friends ( )  
c) relatives ( )  
d) status symbols ( )
19. Deterioration of cognitive and behavioral functioning due to physiological causes is known as  
a) dementia ( )  
b) Alzheimer disease ( )  
c) parkinson's disease ( )  
d) memory loss ( )
20. Age-related gradual loss of hearing is  
a) presbiopia ( )  
b) presbycusis ( )  
c) prescient ( )  
d) myopia ( )
21. Long term memory of specific experiences or events is  
a) episodic memory ( )  
b) sensory memory ( )  
c) procedural memory ( )  
d) semantic memory ( )
22. An individual who becomes eccentric, absent-minded, socially withdrawn and poorly adjusted due to old-age is described as  
a) sickly ( )  
b) myopia ( )  
c) senile ( )  
d) prescient ( )
23. In old age, hair may become greyer due to decline production of  
a) collagen ( )  
b) calcium ( )  
c) potassium ( )  
d) melanin ( )
24. Progressive irreversible degenerative neurological disorders characterized by tremor, stiffness, slowed movement and unstable posture is referred to as

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- a) dementia ( )
  - b) parkinson's disease ( )
  - c) depression ( )
  - d) sensory memory ( )
25. The changes in motor abilities in old age are due to partly to physical causes and partly to
- a) psychological causes ( )
  - b) poor socialization ( )
  - c) social isolation ( )
  - d) death of a spouse ( )

### B. Fill up the blanks : 1x15=15

1. Adolescence is heralded by the \_\_\_\_\_, the accelerated increase in height and weight that turns children into youth.
2. The transition from childhood to adolescence is a \_\_\_\_\_ and multi dimensional involving change in many different aspects of individual's life.
3. Changes in \_\_\_\_\_ sexual functioning during adolescence can be traced to hormonal activity.
4. The tendency toward \_\_\_\_\_ that plagues most pubescent boys and girls continues to be a source of concern during the early adolescent years.
5. To most young adolescents, \_\_\_\_\_ means having a large number of friends.
6. Adolescents who are realistic about their abilities will experience more successes than \_\_\_\_\_.
7. Height remains rather \_\_\_\_\_ during early adulthood.
8. For good marital adjustment, both husband and wife should be able to relate \_\_\_\_\_ to each other.
9. Although the arrival of every child in the family is a crisis, the arrival of the \_\_\_\_\_ is generally the most upsetting.
10. Middle aged people are well aware that \_\_\_\_\_ are important to their image.
11. The middle aged women is often more interested in \_\_\_\_\_ than the middle aged man.
12. Middle-aged people take courses for \_\_\_\_\_ rather than for vocational advancement.
13. A back-up capacity that helps body system to function to their utmost limits in times of stress is \_\_\_\_\_.
14. Most old people suffer from \_\_\_\_\_, farsightedness which is due diminishing elasticity of the lenses.

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15. \_\_\_\_\_ is a decline in memory and other mental abilities which appear when a person gets older.

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**Key Answers**

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### A. Multiple choice questions

- |     |     |     |     |     |     |     |     |
|-----|-----|-----|-----|-----|-----|-----|-----|
| 1.  | (b) | 2.  | (c) | 3.  | (b) | 4.  | (d) |
| 5.  | (a) | 6.  | (a) | 7.  | (b) | 8.  | (d) |
| 9.  | (a) | 10. | (c) | 11. | (b) | 12. | (b) |
| 13. | (c) | 14. | (b) | 15. | (d) | 16. | (b) |
| 17. | (c) | 18. | (d) | 19. | (a) | 20. | (b) |
| 21. | (a) | 22. | (c) | 23. | (d) | 24. | (b) |
| 25. | (a) |     |     |     |     |     |     |

### B. Fill up the blanks :

1. growth spurt
2. complex
3. sexual functioning
4. obesity
5. popularity
6. failures
7. constant
8. emotionally
9. first born
10. clothes
11. money
12. enjoyment
13. reserve capacity
14. presbyopia
15. dementia