

B A, BSC, BCOM DEGREE END SEMESTER EXAMINATION – MARCH 2026
UGP (HONS.) SEMESTER – 4: – DISCIPLINE SPECIFIC COURSE
COURSE: 24UPSYDSC204 – ADULTHOOD AND AGING: UNDERSTANDING THE
CHANGING MIND

(For Regular 2024 Admission)

Time: 1.5 Hours

Max. Marks: 50

PART A

Attempt all question each carried 1 marks

1. _____ is an organized set of beliefs, practices and rituals and symbols that increases an individual's connection to a sacred and transcendent other such as God/ higher power. (CO 3 -R)
 - a) Religion
 - b) Relegiousness
 - c) Spirituality

2. Peak physical performance for most adults is usually reached: (CO1, 2-R)
 - a) Between age 19-26
 - b) Between age 27-40
 - c) Between 30- 45

3. Identify the life event (CO2-R)
 - a) Marriage
 - b) Family support
 - c) Personality

4. What is the approximate age range for older adults? (CO 3 -R)
 - a) 25- 40 years of age
 - b) 41- 60 years of age
 - c) 61 and above of age

5. Software of the mind is (CO2, 3 -R)

- a) Cognitive mechanics
 - b) Cognitive pragmatics
 - c) Cognitive process
6. _____ is a Chronic, progressive disease characterized by muscle tremors, slowing of movement, and partial facial paralysis. (CO 3 -R)
- a) Dementia
 - b) Alzheimer's disease
 - c) Parkinson's disease
7. Sexual orientation changes with age. (CO1, 2-R)
- a) True
 - b) False
8. A neurological definition of death (CO 3, 4 -R)
- a) Brain death
 - b) Brain damage
 - c) Memory Loss
9. SIDS is common among (CO1 -R)
- a) Infants
 - b) Older adults
 - c) Emerging adults
10. First impressions can have lasting effects. (CO1, 2-R)
- a) True
 - b) False (1 x 10 = 10)

PART B

Answer any 10 question each carries 3 marks

11. Explain any two practices that help marriage succeed according to Gottman. (CO1, 2, 3 -U)
12. Identify the term Jeffery Aarnett defined adults moving from adolescence to adults and mention any 3 key features. (CO1, 2- U)

13. Differentiate Forcible sexual behavior and Sexual harassment with examples. (CO1, 2-An)
14. "Some cognitive abilities decline with age while others remain stable or improve".
Identify the concepts (1 mark) and differentiate these concepts (2 marks). (CO1, 2, 3 -A)
15. Evaluate 'easy death' and its type with examples. (CO4 -E)
16. Analyse activity theory in late adulthood with examples. (CO 3 -An)
17. Why do we age? Justify with reference to any three biological theories of aging. (CO2,3 -E)
18. Young adults are more likely to engage in postformal thinking than adolescence. Justify.
(CO1, 2 -E)
19. Differentiate AIDS and Genital Herpes. (CO1, 2-An)
20. Articulate Selective Optimisation with Compensation theory in older adults with an example.
(CO 3,4 -U)
21. As a budding psychologist, how do you emphasise the importance of exercise and a healthy diet to improve life satisfaction in adults. (CO 3, 4-A)
22. Sam (22 years) quickly learns a new coding software and adapts easily to unfamiliar problem-solving tasks. His grandfather, however, struggles with new technology but has excellent vocabulary and general knowledge. Identify the types of intelligence shown by Sam and his grandfather. (1 mark). Explain how they are different from each other. (2 marks). (A-CO1)
23. Assess Ego integrity vs Despair in adults. (CO 3,4 -An)
(3 x 10 = 30)

PART C

Attempt any one question carrying 5 marks

24. Evaluate Sternberg's theory of love in Adult's socioemotional development. (CO 1,2 -E)
25. Analyze any five types of adults after divorce according to Hertherington. (CO2, 3 -An)
(1 x 5 = 5)

PART D

Attempt any one case study carrying 5 marks

26. Meera, a 35-year-old woman, lost her mother suddenly due to a heart attack. During the first few days, she repeatedly said that the doctors must have made a mistake and refused to believe the death was real. A week later, she became irritable and lashed out at family members and hospital staff, blaming them for not providing proper care. Over the next few weeks, Meera began praying intensely, promising to change her lifestyle if only she could feel normal again. Gradually, she

experienced deep sadness, loss of interest in daily activities, and frequent crying spells. After several months, Meera slowly started resuming her routine, speaking calmly about her mother's death and finding ways to remember her positively.

- 26 a) Identify the psychological model represented in the case **(1 mark)** (CO2,3,4- A)
- 26 b) Who proposed the above model **(1 mark)** (CO2,3,4- R)
- 26 c) Evaluate each stage **(3 mark)** (CO2,3,4- E)

OR

27. Rama (31) and Rahul (33) have been in a committed romantic relationship for the past two years.

Recently, they decided to live together in the same apartment while continuing their respective careers. They share household expenses, make joint decisions about daily life, and view this arrangement as a way to test their compatibility before considering marriage. Although they experience greater independence and flexibility, they also face parental disapproval and uncertainty about long-term commitment.

- 27 a) Identify and explain the type of adult lifestyle represented in the above case. **(1 mark)**
(CO2,3- A)
- 27 b) Analyse any other two adult lifestyles you're familiar **(2 marks)** (CO2,3- An)
- 27 c) According to Erickson's Psychosocial developmental stage, which stage of development do they belong to? **(1 mark)** (CO2,3- U)

(5 x 1 = 5)