



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – November 2025

V Semester

Class : III UG

Major : Human Development

Time: 3 Hours

Max. Marks: 100

23BHDC09 Adulthood and Old Age

Course Outcomes:

1. Understand the aspects of the adulthood
2. Appraise the problems and adjustments of early and middle adulthood
3. Define aging from many perspectives: emotional, physiological, economic, social, cognitive, financial and philosophical
4. Address the problems of elderly
5. Transform theoretical knowledge to geriatric care practices. Describe the range of services available to meet the needs of older adults,

Part A

Choose the Correct Answer

10 x 1 = 10

1. The stage of forming intimate relationships belongs to
a. adolescence
b. early adulthood
c. middle adulthood
d. old age
CO1 K1
2. A major vocational adjustment during early adulthood is _____
a. schooling
b. parenthood
c. retirement
d. play
CO1 K1
3. Loss of spouse during middle adulthood leads to
a. singlehood
b. parenthood
c. childhood
d. adolescence
CO1 K1
4. The feeling of loneliness when children leave home is called
a. Midlife crisis
b. empty nest
c. retirement
d. divorce
CO1 K2
5. Adjustment to retirement is mainly a _____ adjustment.
a. personal
b. mental
c. emotional
d. financial
CO1 K2
6. Biological theory of ageing is explained by
a. genes
b. family
c. society
d. culture
CO1 K1
7. Financial insecurity is a major _____ hazard in old age.
a. Physical
b. Psychological
c. Social
d. Economic
CO1 K2
8. Recreation helps to improve the _____ of life of the elderly
a. Cost
b. quality
c. duration
d. burden
CO2 K3
9. Alzheimer's disease mainly affects _____ functioning.
a. physical
b. cognitive
c. economic
d. emotional
CO2 K3
10. Depression in old age is a _____ disorder.
a. mental
b. physical
c. social
d. cultural
CO3 K4

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Define early adulthood and explain its main developmental tasks. CO1 K1
(or)
- 11.b. Describe the importance of intimate relationships in early adulthood. CO1 K1
- 12.a. Explain the concept of 'empty nest syndrome' with an example. CO1 K2
(or)
- 12.b. List and describe the major social and emotional changes in middle adulthood. CO1 K2
- 13.a. Enumerate the main physical and mental adjustments required in old age. CO2 K3
(or)
- 13.b. Briefly explain the sociological theories of aging. CO2 K3
- 14.a. Write a short note on emotional needs of elderly people. CO3 K4
(or)
- 14.b. Discuss the major hazards faced by the elderly. CO3 K4
- 15.a. Explain the symptoms and causes of Alzheimer's disease . CO3 K5
(or)
- 15.b. Write a short note on depression and dementia in old age . CO3 K5

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Discuss the physical and cognitive changes that occur during early adulthood. CO1 K1
(or)
- 16.b. Explain the role of vocational and marital adjustments in early adulthood. . CO1 K1
- 17.a. Describe the developmental tasks and characteristics of middle adulthood. CO1 K2
(or)
- 17.b. Explain how middle aged adults cope with the challenges of remarriage and approaching retirement . CO1 K2
- 18.a. Discuss the changes in family relationships and the role of grandparenthood in old age. CO1 K3
(or)
- 18.b. Analyse the challenges faced by elderly individuals adjusting to singlehood. CO1 K3
19. Explain in detail the recreational and health needs of elderly people. CO2 K4
(or)
- 19.b. Discuss how the quality of life of elderly can be improved through proper geriatric care. CO2 K4
- 20.a. Explain the types of abuses faced by elderly people and suggest protective measures. CO3 K5
(or)
- 20.b. Discuss the causes, risk factors and treatment approaches for Parkinson's disease. CO3 K5
