



MACHAKOS UNIVERSITY

University Examinations for 2020/2021 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF ARTS

APS 427: ADULT DEVELOPMENT AND AGING

DATE: 19/8/2021

TIME: 2:00 – 4:00 PM

INSTRUCTIONS: Answer QUESTION ONE and any other TWO QUESTIONS.

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) An increasing number of young adults continue to live at home with their middle-aged parents (full-nest).
- i) Appraise five factors that bring about the full-nest in your community. (10 marks)
 - ii) Highlight four problems of a full-nest for the middle-aged parent. (8 marks)
- b) Describe four characteristics of maturity. (4 marks)
- c) Analyse five weaknesses of Kubler Ross's theory of dying. (8 marks)

QUESTION TWO (20 MARKS)

- a) Analyse two roles played by friends in late adulthood. (4 marks)
- b) Appraise five wrong reasons for having children. (10 marks)
- c) Explain three negative personal habits in the middle years. (6 marks)

QUESTION THREE (20 MARKS)

- a) Addressing chronic diseases requires new strategies to delay health deterioration, improve function, and address the problems that people confront in their day-to-day lives. Discuss five ways of managing chronic conditions. (10 marks)
- b) Discuss five factors that may keep couples together in this age of divorce. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Describe five theories that have attempted to explain the aging process. (10 marks)
- b) Evaluate traditional African views of what constitutes successful aging. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Citing relevant examples, evaluate four different types of aging. (12 marks)
- b) Evaluate the care and support that middle-aged individuals in your community give to their elderly parents. (8 marks)