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Chapter 01: History, Theories, and Methods**Multiple Choice**

1. In ancient times and in the Middle Ages, children were often viewed as _____.

- a. innately good
- b. innately evil
- c. a tabula rasa
- d. a genetic product

ANSWER: b

2. John Locke is most likely to agree with the fact that:

- a. children are born innately good.
- b. children are born innately evil.
- c. children are influenced by their experiences.
- d. Children are indifferent to their surroundings.

ANSWER: c

3. Differentiate between John Locke's writing and Jean-Jacques Rousseau's writings.

- a. While Locke argued that children are inherently good, Rousseau argued that children were innately evil.
- b. While Locke focused on the role of the environment, Rousseau focused on the expression of natural impulses.
- c. While Locke believed that children should be treated as property and servants, Rousseau believed that children should be treated with respect and care.
- d. While Locke believed in the traditional views of developmental psychology, Rousseau believed in the modern views of developmental psychology.

ANSWER: b

4. Which of the following is true of family life during the industrial revolution?

- a. Family life was legally defined to include three generations of relatives.
- b. Family life grew to include extended family members, like cousins, aunts, and uncles.
- c. Family life was defined in terms of the nuclear unit of mother, father, and children.
- d. Family life shrank to include only one child per family.

ANSWER: c

5. Which of the following is true of children in the 20th century?

- a. Children received greater legal protection than they did prior to then.
- b. Children were married younger than during previous centuries.
- c. Children were considered to be the property of their parents.
- d. Children experienced less emphasis on education than during previous centuries.

ANSWER: a

6. The idea of childhood as a special time of life:

- a. was concurrent with a time of ease for children during the Industrial Revolution.
- b. became evident during the Industrial Revolution, as children became more visible.
- c. lasted throughout the Industrial Revolution but gradually declined through the 20th century.
- d. corresponded to the Middle Ages and the importance of children in the family during this time.

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ANSWER: b

7. The purpose of the first standardized intelligence test was to:
- a. measure IQ scores to determine genius-level abilities in children.
 - b. identify children who were at risk of falling behind in school.
 - c. create separate classrooms for high- and low-intelligence children.
 - d. compare people of different racial and ethnic backgrounds.

ANSWER: b

8. Which of the following is a similarity between John Watson's school of behaviorism and John Locke's concept of tabula rasa?
- a. Both emphasize the joint contributions of nature and nurture to one's development.
 - b. Both suggest that one's genetic endowment determines one's ideas, preferences, and skills.
 - c. Both suggest that experience determines one's ideas, preferences, and skills.
 - d. Both emphasize the importance of maturational processes.

ANSWER: c

9. Which of the following perspectives of child development is Arnold Gesell credited with?
- a. Biological maturation of children
 - b. The inherent goodness of children
 - c. The inherently flawed nature of children
 - d. Environment influences of children

ANSWER: a

10. The psychosexual theory of development is similar to the psychosocial theory of development in that:
- a. both theories assert that human development is a continuous, lifelong process with little or no gaps.
 - b. both theories suggest that a child's experiences during early stages affect the child's emotional and social life at the time and later on.
 - c. both theories believe that a child or adult's behavior is learned.
 - d. both theories suggest that adaptation and natural selection are connected with behavior.

ANSWER: b

11. According to Freud, which aspect of our personality is present at birth?
- a. The superego
 - b. The id
 - c. The ego
 - d. The archetype

ANSWER: b

12. Which of the following is a similarity between Freud's and Erikson's psychoanalytic theories?
- a. Both are types of stage theories.
 - b. Both are exclusively nature theories.
 - c. Both are exclusively nurture theories
 - d. Both are quantitative theories.

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ANSWER: a

13. Which of the following is true of the ego according to Freud?

- a. It is biologically based and present at birth.
- b. It is driven by the quest for pleasure.
- c. It forces us to follow rules and acts as a moral base.
- d. It makes plans that are socially appropriate.

ANSWER: d

14. Which of the following is true of fixation in the oral stage?

- a. It occurs because of being toilet trained too strictly.
- b. It occurs because of being weaned too early or breast-fed for too long.
- c. It occurs because of concentrating on school work for too long.
- d. It occurs because of playing with children of the opposite gender too often.

ANSWER: b

15. Natalia is a grown woman who still sucks her thumb. Her co-workers notice her behavior but are too polite to mention it. According to Freud, Natalia is fixated at the _____ of development.

- a. anal stage
- b. oral stage
- c. phallic stage
- d. genital stage

ANSWER: b

16. Which of the following factors plays a role in fixation during the anal stage of development?

- a. Strict toilet training
- b. Excessive breast feeding
- c. Excess work load in school
- d. Interaction with opposite-sex children

ANSWER: a

17. Which of the following is true of Freud's legacy for future thinkers?

- a. His focus on the scientific method has led to stronger ways of studying human development.
- b. His emphasis on evolutionary changes has led to further research on behavioral changes in each generation.
- c. His focus on the importance of genetics has led to modern researchers understanding how genetics and environment intersect.
- d. His emphasis on the emotional needs of children has influenced how educators understand children's behaviors.

ANSWER: d

18. According to Erikson, which of the following is true of early experiences?

- a. They are more challenging than later experiences.
- b. They continue to affect future development.
- c. They exert very little influence on who we become.

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d. They only predict future development once we reach six to eight years of age.

ANSWER: b

19. Which of the following is an advantage of Erikson's psychosocial theory?

- a. It reinforces the importance of unconscious forces in human development.
- b. It emphasizes the importance of human consciousness and choice.
- c. It explains to what extent human behavior is a product of evolutionary change.
- d. It suggests that childhood experiences could easily be overcome as we develop in our lives.

ANSWER: b

20. Four-year-old Zack has a bed-wetting problem. A special pad is placed under him while he is asleep. If the pad becomes wet, a bell rings. After several repetitions, Zack learns to wake up before wetting the pad and eventually stops wetting the bed altogether. In this scenario, which of the following theories has been applied to treat Zack's bed-wetting?

- a. Psychodynamic theory
- b. Cognitive theory
- c. Psychosocial theory
- d. Learning theory

ANSWER: d

21. Which of the following is true of operant conditioning?

- a. It occurs as a result of innate processes.
- b. It occurs as a result of the effects a behavior causes.
- c. It occurs because of the mental evaluation of a situation.
- d. It occurs because of the pairing of two stimuli to produce a response.

ANSWER: b

22. Which of the following is the most accurate statement about the use of punishment?

- a. It should decrease the frequency of a behavior.
- b. It creates feelings of adoration and respect.
- c. It should be primarily cognitive in nature.
- d. It is considered the best method of child-rearing.

ANSWER: a

23. Which of the following is an outcome of the use of punishment with children?

- a. It works even when delivery is not guaranteed.
- b. It encourages children to respect authority.
- c. It may cause feelings of anger and hostility.
- d. It may provide clear alternatives to unacceptable behavior.

ANSWER: c

24. Which of the following is an example of observational learning?

- a. Jonathan jumps when he hears loud thunder.
- b. Nicholas is not given any dessert because he did not eat his vegetables at dinner.
- c. Gina watches her mother mow the lawn, and she pushes her toy lawnmower similarly on the lawn.

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d. Sara stops having temper tantrums in public when her father begins ignoring them.

ANSWER: c

25. Which of the following is a cognitive theorist most likely to study?

- a. How children confront and resolve developmental crises in their lives
- b. How the id, ego, and superego work together to form a healthy personality
- c. How patterns of reinforcement and punishment promote learning
- d. How children perceive and mentally represent the world

ANSWER: d

26. From his research on intelligence tests, Piaget concluded that:

- a. children's incorrect answers followed consistent cognitive processes.
- b. children's incorrect answers demonstrated their logical mental processes.
- c. children's incorrect answers resulted from inconsistent cognitive processing.
- d. children's incorrect answers resulted from unstructured thought processing.

ANSWER: a

27. Which of the following is true of Jean Piaget's view of children?

- a. He believed that children came into the world as a tabula rasa or a "blank tablet".
- b. He believed that children have an inborn predisposition toward good or evil.
- c. He believed that children actively intend to learn about and take intellectual charge of their worlds.
- d. He believed that children intend to develop into generous and moral individuals.

ANSWER: c

28. A scheme can be changed by:

- a. the process of assimilation.
- b. comparing old information with new schemes.
- c. getting more complex as children age according to their genotype.
- d. the process of accommodation.

ANSWER: d

29. Four-year-old Cynthia's mother gives her an apple each day and tells her that apples are fruits. However, one day, Cynthia's mother gives her an orange. She tells Cynthia that oranges are also fruits. Which of the following is most likely to occur to Cynthia's scheme of fruits?

- a. She creates a new scheme for oranges.
- b. She ignores the new information about oranges.
- c. She incorporates the information so that her scheme now includes apples and oranges.
- d. She eliminates the concept of apple, and now her scheme of fruit only contains oranges.

ANSWER: c

30. Which of the following measures is taken up by teachers who follow Piaget's views?

- a. They look at a child's ability to suppress his aggressive tendencies.
- b. They gear instruction to the child's developmental level.
- c. They assist children in completing problems in workbooks.

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d. They suggest that children of all ages process information similarly.

ANSWER: b

31. Which of the following is true of the scope of the biological perspective?

- a. It deals with the ways in which children encode information.
- b. It examines how children learn to act by observing models.
- c. It observes children going through stages of psychosexual development.
- d. It refers to the development connected with hormones, heredity, and reproduction.

ANSWER: d

32. Dr. Fitzsimmons is an evolutionary psychologist. He studies the ways in which adaptation and natural selection are connected with mental processes and behavior. Given his background, which of the following statements is he most likely expected to make?

- a. Patterns of behavior are transmitted genetically from one generation to another.
- b. Prenatal exposure to hormones has little effect on gender behaviors.
- c. The same level of influence of biology affects humans as it does other animals.
- d. Instincts have little effect on the behavior of an individual.

ANSWER: a

33. Which of the following methods of study is advocated by Urie Brofenbrenner?

- a. Studying the changes that a person undergoes throughout life
- b. Studying two-way interactions between a child and his or her parents
- c. Focusing on the unconscious conflicts and urges that primarily influence child development
- d. Focusing solely on maturational forces that influence child development

ANSWER: b

34. Gina's mother is a vice president at a large company. Her work requires long hours at the office. As a result, she is unable to make it to Gina's soccer games. Which of the following systems is represented by Gina's mother's workplace?

- a. The mesosystem
- b. The exosystem
- c. The microsystem
- d. The macrosystem

ANSWER: b

35. In the context of human development, which of the following is true of the mesosystem?

- a. It involves interactions between the school and the larger community.
- b. It involves interactions based on the cultural settings of the individual.
- c. It involves interactions with environmental changes that occur over the life course.
- d. It involves interactions based on care giving with parents and others.

ANSWER: a

36. In the context of human development, which of the following is true of the macrosystem?

- a. It involves interactions in the school and the larger community.
- b. It involves interactions based on the cultural settings of the individual.

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- c. It involves interactions with environmental changes that occur over the life course.
- d. It involves interactions based on care giving with parents and others.

ANSWER: b

37. In the context of human development, which of the following is true of the chronosystem?

- a. It involves interactions in the school and the larger community.
- b. It involves interactions based on the cultural settings of the individual.
- c. It involves interactions with environmental changes that occur over the life course.
- d. It involves interactions based on care giving with parents and others.

ANSWER: c

38. Which of the following is true of the sociocultural perspective?

- a. It illuminates the interplay between genetics and development.
- b. It explains how one's genes interact with one's environment.
- c. It explores the importance of the unconscious on child development.
- d. It examines the impact of human diversity on people.

ANSWER: d

39. Vygotsky's sociocultural theory suggests that:

- a. a child's interactions with adults organize the child's learning experiences.
- b. children learn only through a complex interaction of rewards and punishments.
- c. children are like miniature adults and need to be rigidly instructed to obtain cognitive skills.
- d. a child's development is unaffected by ethnicity and gender.

ANSWER: a

40. Which of the following is a similarity between Piaget's cognitive developmental theory and Vygotsky's sociocultural theory?

- a. Both emphasize the joint contributions of nature and nurture to one's development.
- b. Both suggest that one's genetic endowment determines one's ideas, preferences, and skills.
- c. Both suggest that experience determines one's ideas, preferences, and skills.
- d. Both see the child's functioning as adaptive.

ANSWER: d

41. In the context of the nature-nurture controversy, nature refers to the influence of _____.

- a. heredity
- b. nutrition
- c. culture
- d. environment

ANSWER: a

42. The nature-nurture debate is concerned with:

- a. the question of why genes are more influential in development than environment.
- b. the question of why the environment is more important in development than evolution.
- c. the relationship between heredity and environment influences on human development.

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d. the claim that females are more intelligent for genetic reasons.

ANSWER: c

43. The major limitation of correlational research is that it:

- a. can only be used with nonhuman (animal) participants.
- b. may not always yield correct results.
- c. cannot be used to determine cause-and-effect relationships between variables.
- d. gives the researcher so much control over the variables that the results can be easily manipulated.

ANSWER: c

44. Dr. Manquero forms a hypothesis that ingesting chocolate prior to an exam will improve exam performance. She gives the experimental group chocolate and does not give the control group anything. She then gives the participants an exam. In this experiment, which of the following is the dependent variable?

- a. The group that receives nothing
- b. The group that eats chocolate
- c. The performance on the exam
- d. The amount of chocolate consumed

ANSWER: c

45. Which of the following is true of the control group?

- a. It consists of subjects who receive treatment in an experiment.
- b. It is involved in the frequent manipulation of all conditions in an experiment.
- c. It consists of randomly selected subjects.
- d. It is involved in only correlational research.

ANSWER: c

46. Which of the following is the purpose of having random assignment in an experiment?

- a. It prevents subjects from knowing of which experimental group they are a member.
- b. It provides ethical reasons for being in an experiment.
- c. It makes sure that the results are caused by the treatment.
- d. It determines how the subjects will behave in the experiment.

ANSWER: c

47. Which of the following circumstances would make a researcher use animals instead of human participants?

- a. When the use of human participants would be considered unethical
- b. When the use of human participants would require deception on the part of the researcher
- c. When the researcher would be forced to keep a human participant's identity confidential
- d. When the use of animals would be cheaper than human participants

ANSWER: a

48. In _____, the same people are observed repeatedly over time, and changes in development, such as gains in height or changes in mental abilities, are recorded.

- a. longitudinal research
- b. cross-sectional research

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- c. adaptive clinical research
- d. correlational research

ANSWER: a

49. Cross-sequential research:

- a. usually lasts for the subjects' entire lifetime.
- b. is hampered by the cohort effect.
- c. combines longitudinal and cross-sectional research methods.
- d. has too many ethical problems to be considered an effective research method.

ANSWER: c

50. Which of the following is the most important reason for having ethical guidelines about how research must be conducted?

- a. Following such guidelines guarantees publication of one's results.
- b. These guidelines protect the welfare of the research participants.
- c. Following these guidelines guarantees grants and other sources of external funding.
- d. These guidelines eliminate hurdles and shorten the process of research.

ANSWER: b

True / False

51. During the Middle Ages, children were nurtured until they were seven years old, which was considered the "age of reason."

- a. True
- b. False

ANSWER: True

52. Jean-Jacques Rousseau believed that children were born inherently evil.

- a. True
- b. False

ANSWER: False

53. John Locke said that children begin life as a clean slate.

- a. True
- b. False

ANSWER: True

54. According to Freud's psychosexual theory, children develop strong sexual attachments to the same-sex parent during the genital stage.

- a. True
- b. False

ANSWER: False

55. According to behaviorists, once a behavior is learned, it cannot be extinguished.

- a. True

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b. False

ANSWER: False

56. Punishments such as spanking are considered less effective than types of discipline that provide alternative, acceptable behaviors.

a. True

b. False

ANSWER: True

57. Bandura's social cognitive theory argues that children learn by observing models.

a. True

b. False

ANSWER: True

58. Piaget's cognitive-developmental theory suggests that children passively respond to their environments.

a. True

b. False

ANSWER: False

59. Fixed action patterns are learned behaviors.

a. True

b. False

ANSWER: False

60. The ecological systems theory of development states that only genetic factors are worth studying.

a. True

b. False

ANSWER: False

61. The nature-nurture controversy debates whether development is continuous or a series of stages.

a. True

b. False

ANSWER: False

62. Stage theories consider development as a discontinuous process.

a. True

b. False

ANSWER: True

63. Case studies involve large numbers of subjects, each being studied once.

a. True

b. False

ANSWER: False

64. Independent variables are manipulated by the experimenter.

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- a. True
- b. False

ANSWER: True

65. Cross-sequential research combines the longitudinal and cross-sectional research methods.

- a. True
- b. False

ANSWER: True

Completion

66. John Locke suggested that a child came into the world as _____.

- A. innately good
- B. a tabula rasa
- C. innately evil
- D. a genetic product

ANSWER: a tabula rasa

67. The _____ views human development as occurring throughout an individual's existence.

- A. humanistic perspective
- B. cognitive perspective
- C. functional perspective
- D. life-span perspective

ANSWER: life-span perspective

68. According to Freud, the _____ represents our biological drives.

- A. superego
- B. id
- C. ego
- D. subconscious

ANSWER: id

69. The most obvious applications of information processing occur in the field of _____.

- A. medicine
- B. teaching
- C. engineering
- D. manufacturing

ANSWER: teaching

70. _____ are stereotyped patterns of behavior that are evoked by a "releasing stimulus."

- A. Fixed action patterns
- B. Learned behavioral tendencies
- C. Survival mechanisms
- D. Mnemonics

ANSWER: Fixed action patterns

71. Cross-cultural studies examine children's interactions with their _____.

- A. mesosystem
- B. exosystem

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- C. macrosystem
- D. microsystem

ANSWER: macrosystem

72. _____ is a concept emphasized by the sociocultural perspective.

- A. Ethnicity
- B. Life crisis
- C. Reinforcement
- D. Structural accommodation

ANSWER: Ethnicity

73. _____ is closely associated with the sociocultural perspective.

- A. Sigmund Freud
- B. Urie Bronfenbrenner
- C. Erik Erikson
- D. Lev Vygotsky

ANSWER: Lev Vygotsky

74. The _____ controversy asks which is more important in determining one's developmental outcome: heredity or environmental influences.

- A. active-passive
- B. continuity-discontinuity
- C. nature-nurture
- D. physiological-psychological

ANSWER: nature-nurture

75. _____ is a number ranging from +1.00 to -1.00 that expresses the direction (positive or negative) and strength of the relationship between two variables.

- A. Correlation integer
- B. Binary coefficient
- C. Correlation coefficient
- D. Binary correlation

ANSWER: Correlation coefficient

Essay

76. Describe the three parts of personality as theorized by Freud.

ANSWER: Freud theorized three parts of the personality: the id, ego, and superego. The id is present at birth and is unconscious. It represents biological drives and demands instant gratification, as suggested by a baby's wailing. The ego, or the conscious sense of self, begins to develop when children learn to obtain gratification consciously, without screaming or crying. The ego curbs the appetites of the id and makes plans that are in keeping with social conventions so that a person can find gratification but avoid social disapproval. The superego develops throughout infancy and early childhood. It brings inward the wishes and morals of the child's caregivers and other members of the community. Please see the section "Theories of Development" for more details.

77. Describe the three controversies in human development.

ANSWER: The main controversies are: (1) nature vs. nurture, (2) continuity vs. discontinuity, and (3) active vs. passive. The nature vs. nurture controversy is not as much a controversy as it is a debate. The issue is to delineate how much and what aspects of development are due to genetic influences and which are due to environmental

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influences. The issue of continuity or discontinuity concerns the orderliness and linearity of child development. Continuity theories assume that development is steady, gradual, stage-like, and sequential. Discontinuity theories stress individual differences in development and that development involves both gains and losses. The active vs. passive controversy focuses on how big a role the child plays in her own development. Theorists, such as Freud, seemed to think that development was something that happened to children (passive) while Piaget stressed the active role children take in their own cognitive development. Please see the section "Controversies in Development" for more details.

78. Describe the case-study method for studying development.

ANSWER: The case study is a carefully drawn account of the behavior of an individual. Parents who keep diaries of their children's activities are involved in informal case studies. Case studies themselves often use a number of different kinds of information. In addition to direct observation, case studies may include questionnaires, standardized tests, and interviews. Information gleaned from public records may be included. Scientists who use the case-study method try to record all relevant factors in a person's behavior, and they are cautious in drawing conclusions about what leads to what. Please see the section "How Do We Study Development?" for more details.

79. Define the longitudinal research method. Explain the major drawbacks of the longitudinal research method.

ANSWER: In longitudinal research, the same people are observed repeatedly over time, and changes in development, such as gains in height or changes in mental abilities, are recorded. Longitudinal studies have drawbacks. For example, it can be difficult to enlist volunteers to participate in a study that will last a lifetime. Many subjects fall out of touch as the years pass; others die. The researchers must be patient or arrange to enlist future generations of researchers. Please see the section "How Do We Study Development?" for more details.

80. Discuss the ethical considerations that researchers must consider while carrying out research on human development.

ANSWER: Researchers adhere to ethical standards that are intended to promote the dignity of the individual, foster human welfare, and maintain scientific integrity. These standards also ensure that they do not use methods or treatments that harm subjects:

- Researchers are not to use methods that may do physical or psychological harm.
- Participants (and parents, if participants are minors) must be informed of the purposes of the research and about the research methods.
- Participants must provide voluntary consent to participate in the study.
- Participants may withdraw from the study at any time, for any reason.
- Participants should be offered information about the results of the study.
- The identities of the participants are to remain confidential.
- Researchers should present their research plans to a committee of their colleagues and gain the committee's approval before proceeding.

These guidelines present researchers with a number of hurdles to overcome before proceeding with and while conducting research, but because they protect the welfare of participants, the guidelines are valuable. Please see the section "How Do We Study Development?" for more details.