

National Institute of Open Schooling
Secondary
Lesson 12 – Adulthood and Ageing
Worksheet-12

1. Try to remember any instance where you were reminded to act according to your age. In the light of this instance explain, what is meant by “acting according to one’s age”? Keeping in view the above stated statement; explain the role and responsibilities of an adult.
2. “According to Erikson, the young adulthood period is characterized by a crisis of **intimacy versus isolation**”. Critically analyze the given statement.
3. “In our society, the elderly are typically perceived as not so active, deteriorating intellectually, narrow-minded and attaching significance to religion and spirituality”. Do you agree with the given statement? Observe at least five people in their old age for one week. Write a report explaining physical and cognitive changes during old age based on your observation.
4. Becoming an adult and growing old is a biological process, *but many other developments also take place along with it*. Identify the **other developments** and Support your answer with appropriate reasons.
5. Family structure is generally divided into two types, i.e. joint family and nuclear family. Reflect upon the family structure that you have/had while growing up. In your opinion, what family structure is better in terms of the growth of a child? Provide at least five reasons to support your answer.
6. Answer the following questions:
 - a) Sometimes it is observed that as people age, they are unable cope with the changes. Suggest at least five coping strategies that can be effective in making healthy adjustments during old age.
 - b) Enlarging social network is another means of coping with life problems. Write an essay on “Aging and Social Support”.
7. Interview a male and a female who are in their adulthood/middle age, about their priorities and concerns during this stage of life. Write a comparative report, highlighting the similarities and differences between the concerns of the male and female.
8. Social support is important for everyone. Explain the importance and benefits of social support especially in old age.
9. “Aging, however, is also a psychological phenomenon”. Discuss the relevance of the given statement.

10. You have learnt that ageing is a biological as well as psychological process. By adopting a healthy life style aging can be delayed but no one can escape it. Explain at least six measures to lead a healthy and long life.