

1. Match the life stages in Column A with the corresponding events in Column B.



Newborn

Toddler

Child

Adolescent

Young Adult

Adult

Middle Age

Senior Citizen

Attending school, learning to read and write

Learning to walk and talk

Possibly experiencing a mid-life crisis, caring for aging parents

Experiencing significant physical changes, starting high school

Starting a career or higher education

Buying a house, starting a family

Retirement, enjoying leisure time

Birth, beginning of life

2. Gap-fill Exercise: Fill in the blanks with the appropriate expressions from the word bank.

In the study of human behavior and mental health, the idea of subjective age has become a of a person's overall well-being. This is largely attributed to a concept known as , where individuals perceive themselves to be younger than their actual, chronological age. This perception can act as a against the negative effects of , leading to a more positive self-perception and increased self-confidence. Interestingly, it's been observed that even those in their 90s often report a subjective age of around 78. This suggests that , brought about by advancements in healthcare, do not necessarily lead to an older subjective age. The research also indicates that and maintaining good health can contribute to a younger subjective age, even into the later years of life. The saying 'age is just a number' seems to hold more truth in today's society than ever before. As people's subjective age continues to skew younger, the line between and how old one feels becomes increasingly blurred. This shift in perception could have far-reaching implications, from healthcare policies to societal norms, potentially leading to a more inclusive and positive view of aging, reflecting the changing towards the elderly.



1. extended lifespans
2. coping mechanism
3. societal attitudes
4. subjective age bias
5. financial stability
6. age discrimination
7. reliable predictor
8. chronological age

1. According to the article, what is the primary significance of subjective age in the study of human behavior?

- A) It accurately reflects an individual's physical health.
- B) It serves as a reliable predictor of a person's overall well-being.
- C) It helps distinguish between chronological age and mental age.
- D) It allows scientists to develop better treatments for aging.

2. How does subjective age bias affect people's perception of their own age?

- A) It causes them to believe they are older than their chronological age.
- B) It leads them to become more concerned with aging.
- C) It makes individuals perceive themselves as younger than they actually are.
- D) It makes them disregard their actual age completely.

3. Which of the following statements best explains the concept of a "coping mechanism" as used in the text?

- A) A method to delay aging processes.
- B) A mental strategy to deal with the negative effects of chronological age.
- C) A form of psychological therapy that helps people accept aging.
- D) A scientific approach to measure subjective age.

4. What can be inferred from the observation that people in their 90s often report a subjective age of around 78?

- A) People in their 90s are healthier than younger generations.
- B) Perceptions of age can be significantly influenced by factors other than actual age.
- C) Individuals lose the ability to accurately assess their age after a certain point.
- D) Modern medicine has made people age more slowly.

5. Which of the following best describes how extended lifespans influence subjective age, according to the article?

- A) They cause a person's subjective age to increase in tandem with their chronological age.
- B) They do not necessarily lead to an older subjective age, despite advances in healthcare.
- C) They eliminate the difference between subjective and chronological age.
- D) They help people feel younger because of advanced anti-aging treatments.

6. What societal implication does the article suggest might result from the growing gap between subjective age and chronological age?

- A) An increased focus on physical health for the elderly.
- B) A more inclusive and positive view of aging that challenges traditional norms.
- C) The development of new laws to protect the elderly from age discrimination.
- D) A need for society to adjust how retirement is structured.

Tick the topics you think are discussed in the video.

- ☐ Gerontophobia
- ☐ Stereotyping of the Elderly
- ☐ Media Representation of Aging
- ☐ Legal Aspects of Age Discrimination
- ☐ Workplace Age Discrimination
- ☐ Healthcare Accessibility for the Elderly
- ☐ Ageism in Advertising
- ☐ Age Defiance
- ☐ Economic Disparity among the Elderly

