

# Family Theories Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which term describes assigning value to tasks based on gender division within a family?**
  - A. Stratification**
  - B. Allocation**
  - C. Normalization**
  - D. Valuation**
  
- 2. What makes marital conflict the most dramatic form of conflict in families?**
  - A. It reflects the idea that it takes two to make a relationship, but only one to end it.**
  - B. It reflects general relationship satisfaction.**
  - C. It is less intense than other family conflicts.**
  - D. It is easily resolved with minimal effort.**
  
- 3. Which concept best describes the Peabody's feelings of joy that their twins bring them despite the worry and exhaustion they still face?**
  - A. Definition of the situation**
  - B. Cognitive dissonance**
  - C. Role conflict**
  - D. External pressure**
  
- 4. During the contraction phase of family development, children leave the family home. True or False?**
  - A. True**
  - B. False**
  - C. Not specified**
  - D. Cannot determine**
  
- 5. The distinction between being assigned a status at birth and achieving status through actions is known as:**
  - A. Ascription vs Achievement**
  - B. Master Status vs Role**
  - C. Prestige vs Power**
  - D. Identity vs Role**

- 6. William Isaac Thomas coined which phrase that emphasizes understanding subjective perspectives of people in an interaction?**
- A. definition of the situation**
  - B. social contract**
  - C. role conflict**
  - D. looking-glass perspective**
- 7. Which factor explains why family dynamics differ from other groups?**
- A. Group membership is voluntary**
  - B. Group size determines dynamics**
  - C. Rules are always formal**
  - D. Families have no norms**
- 8. The Thomas Theorem states that if people define situations as real, they are:**
- A. Real in their consequences**
  - B. Real only in perception**
  - C. Unreal consequences**
  - D. False beliefs**
- 9. In conflict theory, which of the following is a reason for ongoing conflict over resources?**
- A. There are scarce resources**
  - B. There is universal cooperation**
  - C. Resources are equally distributed**
  - D. Conflicts are always resolved**
- 10. Biosocial theory would disagree with the view that genetics alone fix behavioral outcomes.**
- A. True**
  - B. False**
  - C. Cannot be determined**
  - D. Both true and false**

## Answers

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1. A
2. A
3. A
4. A
5. A
6. A
7. A
8. A
9. A
10. A

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## **Explanations**

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**1. Which term describes assigning value to tasks based on gender division within a family?**

- A. Stratification**
- B. Allocation**
- C. Normalization**
- D. Valuation**

The main idea here is how value is attached to tasks through gender differences within a family. When tasks are divided and the value or importance of those tasks is determined by whether a woman or a man performs them, a hierarchical arrangement emerges that places some roles higher or lower in prestige, power, and reward. This is the idea of stratification—systematic layering or ranking of groups within a social structure. In the family, gender stratification shows up as unequal valuation of chores, caregiving, and decision-making, reinforcing gender roles and disparities over time. Allocation focuses on who does what, without necessarily implying any difference in value or status. Normalization refers to making such patterns seem normal or accepted, not the evaluation of tasks themselves. Valuation is about assigning value to tasks but doesn't inherently convey the broader, structured hierarchy that stratification emphasizes. So the term that best captures assigning value to tasks based on gender division within a family is stratification.

**2. What makes marital conflict the most dramatic form of conflict in families?**

- A. It reflects the idea that it takes two to make a relationship, but only one to end it.**
- B. It reflects general relationship satisfaction.**
- C. It is less intense than other family conflicts.**
- D. It is easily resolved with minimal effort.**

Marital conflict feels most dramatic because the marriage is a central, highly interdependent bond within the family system. Two people create and sustain a shared life, so their conflicts affect not just each other but children, routines, finances, and the sense of family stability as a whole. The idea that it takes two to make a relationship, but only one to end it, captures the stakes: both partners shape the bond, yet the decision to end it can rest with one person. That dynamic creates intense emotions, potential dissolution, and lasting change, all of which amplify the drama of conflicts in a way that others in the family don't typically produce. The other options miss this depth: general relationship satisfaction speaks to overall mood rather than ongoing conflict; claiming it's less intense contradicts the real impact; and suggesting it's easily resolved underestimates the effort and time often required to work through marital disagreements.

**3. Which concept best describes the Peabody's feelings of joy that their twins bring them despite the worry and exhaustion they still face?**

**A. Definition of the situation**

**B. Cognitive dissonance**

**C. Role conflict**

**D. External pressure**

Definition of the situation is about how people interpret and label what is happening to them, and how that interpretation guides their feelings and actions. In this case, the Peabodys interpret having twins as a source of joy and meaning, even while they feel worry and exhaustion. That positive interpretation shapes their emotional experience, so joy can coexist with stress without implying a fundamental conflict between beliefs. It isn't about conflicting feelings (cognitive dissonance), nor about competing demands from different roles (role conflict), nor about pressure from outside forces (external pressure). Their meaning-making of the experience is what best explains why joy remains present alongside concern.

**4. During the contraction phase of family development, children leave the family home. True or False?**

**A. True**

**B. False**

**C. Not specified**

**D. Cannot determine**

The contraction phase refers to the stage in the family life cycle when the household shrinks as children leave to form their own lives. So the statement is true. During this phase, parents adjust to an empty nest, renegotiate roles within the couple, and reallocate time and resources that were previously devoted to childrearing. This phase follows the launching of children and is defined by having fewer people in the home, even though there may be later repeats of children returning temporarily.

**5. The distinction between being assigned a status at birth and achieving status through actions is known as:**

**A. Ascription vs Achievement**

**B. Master Status vs Role**

**C. Prestige vs Power**

**D. Identity vs Role**

In sociology, a status is a social position a person occupies, and this question tests the difference between statuses you're born into and those you achieve through your own actions. An ascribed status is assigned at birth or through characteristics you can't change, such as family background, gender, or race. An achieved status is earned through choices, effort, and accomplishments, like pursuing education, building a career, or becoming a parent by relationship. Understanding this distinction helps explain how opportunities and social roles are distributed. Ascribed statuses can shape life chances from the start, often independent of personal merit, while achieved statuses reflect what individuals do and the opportunities available to them, though even these are influenced by existing structures and contexts. The other ideas describe different concepts. One focuses on the most salient status that dominates others, which isn't about whether a status is assigned or earned. Another contrasts respect or prestige with power, not birth versus achievement. The last compares identity with the expectations tied to a role, which is about self-concept and social duties rather than how statuses arise.

**6. William Isaac Thomas coined which phrase that emphasizes understanding subjective perspectives of people in an interaction?**

**A. definition of the situation**

**B. social contract**

**C. role conflict**

**D. looking-glass perspective**

The main idea being tested is that behavior in social interactions is shaped by how each person defines the situation. William Isaac Thomas coined the phrase definition of the situation to capture the idea that people act based on their own interpretation of what is happening, not just on objective facts. When individuals share or negotiate these subjective definitions, actions and meanings emerge from the interaction. This perspective is a cornerstone of symbolic interactionism, and it's often linked to the Thomas theorem, which states that if people define situations as real, those definitions produce real consequences. The other terms refer to different ideas. The social contract is a political theory about how people consent to be governed. Role conflict describes tensions that arise when incompatible expectations are placed on a person who has multiple roles. The looking-glass perspective is about how one's self-concept is formed through others' perceptions and reactions. None of these emphasize understanding how individuals' own interpretations of a situation drive their behavior in interaction as clearly as the definition of the situation does.

**7. Which factor explains why family dynamics differ from other groups?**

- A. Group membership is voluntary**
- B. Group size determines dynamics**
- C. Rules are always formal**
- D. Families have no norms**

Membership established by birth or marriage shapes family interactions in ways that sets them apart from many other groups. When you're bonded to a group because you're born into it or affiliated through family ties, you carry long-term obligations and expectations that persist regardless of individual preference. This creates enduring roles (such as parent, child, grandparent), persistent loyalties, and norms around caregiving, support, and hierarchy that guide how family members relate to one another and resolve conflicts over time. In contrast, many other groups form around shared interests and allow people to join or leave more freely. Those groups tend to have more flexible boundaries, shorter-term or negotiable commitments, and roles that can shift with membership changes. The contrast in how membership is established—kinship-based and largely non-voluntary for families versus voluntary and fluid for many other groups—helps explain why family dynamics often operate with different expectations, routines, and patterns of interaction.

**8. The Thomas Theorem states that if people define situations as real, they are:**

- A. Real in their consequences**
- B. Real only in perception**
- C. Unreal consequences**
- D. False beliefs**

The main idea tested here is that how people define or interpret a situation drives their actions, and those actions create real outcomes in the world. When someone treats a situation as real, they respond as if it is real, and the results of those responses are actual effects, even if the initial definition was mistaken. For example, if a community believes a rumor about a threat and acts on that belief by gathering, protesting, or enforcing crowds, the ensuing events—panic, policy changes, or clashes—become real consequences because of the actions sparked by the belief. So the correct statement is that the consequences are real in their effects, not just real in perception. The idea highlights how perception shapes social reality and why what people believe can have tangible, lasting impacts.

**9. In conflict theory, which of the following is a reason for ongoing conflict over resources?**

- A. There are scarce resources**
- B. There is universal cooperation**
- C. Resources are equally distributed**
- D. Conflicts are always resolved**

The main idea tested is that scarcity of resources fuels ongoing conflict in a society. In conflict theory, groups compete for valued goods and power, so when resources are limited, the struggle to secure access and advantages intensifies. This competition creates tensions, reinforces power imbalances, and leads people and institutions to defend their claims, keeping conflict alive over time. If resources were universally cooperative or were distributed evenly, the motive to fight over who gets what would be much weaker, and cycles of struggle would lessen. And the claim that conflicts are always resolved contradicts the view that structural inequalities and control over resources sustain ongoing tensions, making persistent conflict a expected pattern under unequal power.

**10. Biosocial theory would disagree with the view that genetics alone fix behavioral outcomes.**

- A. True**
- B. False**
- C. Cannot be determined**
- D. Both true and false**

Biosocial theory emphasizes that behavior arises from the interaction of biology and environment, not from genetics alone. Genes provide predispositions, but how those tendencies unfold depends on social context, experiences, culture, and learning. Epigenetic evidence shows that environments can even influence how genes are expressed. So genetics set the stage, but the social world shapes the outcome, meaning behavioral patterns are not fixed by genes alone. That's why the statement is true: biosocial theory would disagree with the idea that genetics alone fix behavioral outcomes. If we considered the alternatives, claiming it's false would ignore the role of environmental modulation, and that the truth could be undetermined or both true and false would introduce contradictions, which the theory doesn't support.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://familytheories.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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