e T O C

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2B - Touching Questions

G1 Chobun TypeB

G1 10-3

Recent research in the United States has been underlining the important role touching plays in human life. One obvious benefit of touching in the form of hugging or cuddling is a sense of comfort and reassurance. Yet the effect of 3. touching has, according to scientists, is by no means ( 29 ). Studies indicate 4. that hugging leads to a reduction in cortisol, a hormone that is associated with 5. periods of stress, and an increase in the hormone oxytocin, which is known to 6. promote social bonding. In another study, underweight babies who were 7. stroked and massaged three times a day over the course of two weeks put on an 8. average of 47 percent more weight than babies who were left alone. 9.



(29)easily detected 1

beneficial to people 2

merely psychological

worth investigating 4

## Further Questions

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1) What is one obvious benefit of touching?

One obvious benefit of touching in the form of hugging or cuddling is a sense of comfort and reassurance.

2) What do the hormones cortisol and oxytocin do?

Cortisol is a hormone associated with periods of stress and oxytocin is a hormone which is known to promote social bonding.

3) What happened to the underweight babies when they were stroked and massaged three times a day?

They gained an average of 47 percent more weight than babies who were left alone.

Now a new study has concluded that touching is also a sophisticated ( 30 ). 22. Matthew J. Hertenstein, an associateprofessor of psychology at DePauw 23. University, carries out an experiment with 248 students. Each student was

instructed to use touch to convey one of eight emotions, ranging from anger to sympathy. The person being touched, who had not previously met the teacher, was blindfolded. The touchers were free to use different methods, from rubbing the back to caressing the face, to conveyan emotions. Afterwards, those touched

were asked to choose the emotion expressed. Statistics show that, with random answers, the accuracy rate would be around 11 percent. Infact, the students

chose the correct emotion between 50 and 78 percent of the time.

form of play  $(30)\ 1$ means of communication 2

way of measuring intelligence 4 method of defense

## Further Questions

- 4) What were the students in Hersentein's experiment told to do?
- They were told to express one of eight emotions using touch. 35.
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5) Were the students in the experiment able to choose the correct emotion?

Yes, they were able to choose the correct emotion between 50 to 78 percent of the time.

With all this evidence, one would be inclined to think that physical contact is being encouraged in American society. This could not be further from the truth. It is not that the issue of touching ( 31 ). In fact, with a recent <u>spate of</u> scandals involving <u>sexual abuse</u> by teachers, <u>an increasing number of</u> schools are adopting strict "no touch" policies. While action to protect children in danger is understandable, Hertenstein believes the pendulum has swung too far: some schools are instructing students to avoid physical contact <u>with one another</u>, and one mother reported that her 5-year-old was disciplined for hugging a friend. In modern American society, when the children are suffering from high levels of stress, one obvious remedy—touching—is becoming increasingly taboo.

(31) 1 is being overlooked

2 has people concerned

3 has relevance today

4 could involve children's welfare

## Further Questions

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- 6) Is physical contact being encouraged in American society?
- No, it is being heavily discouraged.
  - 7) What is happening because of a recent spate of scandals involving sexual abuse by teachers?
  - An increasing number of schools are adopting strict "no touch" policies.
  - 8) What happened to the 5-year old in this story?
- The 5-year-old was disciplined for hugging a friend.

59. 解答: (29) 3 (30) 2 (31) 2



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