

A. True / False 문제

UNIT 1 PSYCHOLOGY

READING 1

Aggression is a term used to describe behavior that is generally designed to cause physical or psychological damage. It can be aimed at oneself, at others or even at objects. Although some experts think a tendency toward aggression has primarily genetic causes, others believe that social influences play a larger role.

In the 1960s, an American psychologist named Albert Bandura conducted an experiment to learn more about the causes of aggression. He started with a plastic clown filled with air, called a Bobo doll. The experiment's subjects, children between the ages of three and six, were all shown a video of an adult attacking the Bobo doll, hitting it and yelling at it. Afterwards, the children were divided into three groups. The first group was shown the adult in the video being punished, the second group was shown the same adult being rewarded, and the third group wasn't shown anything at all. The second stage of the experiment involved leaving the children alone with the Bobo doll, one by one. Their behavior was then carefully observed. Although all three groups displayed aggressive behavior, the children who saw the adult being rewarded displayed the most aggression toward the doll, while those who saw the adult being punished showed the least amount of aggression.

Based on this experiment, Bandura proposed a theory which basically states that children can indirectly learn from watching the actions of others. Scientists had already known that the behavior of children can be easily influenced through a system of punishment and reward. But Bandura's experiment was the first to clearly show that their behavior could also be shaped simply by seeing someone else being punished or rewarded for certain behavior. This had a great impact on psychologists' views on how much of an influence media can have on kids. Today it is largely accepted that viewing large amounts of violence in movies and on television can cause children to become violent themselves.

Thanks to Bandura and his Bobo doll, modern psychologists are now able to better understand some of the causes behind aggression in children. And parents and teachers can use this

information to help reduce youth violence. Although it is difficult to prevent children from watching violent movies or playing violent games, it is important to explain to them that this violence is exaggerated, unrealistic, and immoral. Furthermore, when children use violence to deal with problems, they should be taught that there are always non-violent solutions.

■ True or False Questions in English (10 questions)

1. Albert Bandura used real people instead of toys in his experiment on aggression. ¹⁾
2. The children in Bandura's experiment were all older than 10 years. ²⁾
3. Bandura's experiment showed that children can learn aggression by watching others. ³⁾
4. All children in the experiment showed the same level of aggression. ⁴⁾
5. Children who saw the adult being punished showed the least aggression. ⁵⁾
6. Bandura's experiment proved that genetics have no influence on aggression. ⁶⁾
7. According to the passage, media violence has no effect on children's behavior. ⁷⁾
8. The Bobo doll was designed to look like a plastic clown. ⁸⁾
9. Children learn only through direct experience, not by observation. ⁹⁾
10. Bandura's findings had a significant impact on how psychologists view media influence. ¹⁰⁾

■ 진위형 문제 - 한국어 10문제

11. 반두라는 Bobo 인형이 아닌 진짜 사람을 공격 대상으로 사용했다. ¹¹⁾
12. 이 실험에 참여한 아동들은 모두 10세 이상이었다. ¹²⁾
13. 아이들은 어른의 행동을 관찰하면서 공격성을 배울 수 있다. ¹³⁾
14. 세 그룹의 아이들은 모두 비슷한 공격 수준을 보였다. ¹⁴⁾
15. 어른이 처벌받는 장면을 본 아동은 공격성이 가장 낮았다. ¹⁵⁾
16. 반두라의 실험은 유전이 공격성에 아무런 영향을 주지 않는다는 것을 증명했다. ¹⁶⁾
17. 미디어 폭력은 아이들에게 아무런 영향을 미치지 않는다. ¹⁷⁾
18. Bobo 인형은 공기로 채워진 광대 모양의 인형이었다. ¹⁸⁾
19. 아동은 직접적인 경험을 통해서만 학습할 수 있다. ¹⁹⁾
20. 반두라의 실험은 심리학자들의 미디어 영향에 대한 인식에 영향을 주었다. ²⁰⁾

READING 2

During World War I, doctors noticed that some soldiers exhibited peculiar behavior, including giddiness, irritability, and excessive tiredness. The cause was not physical but psychological, and the phenomenon became known as “shell shock.” The soldiers were mentally affected by the horrible conditions they experienced.

Today we understand that all people, not only soldiers, are susceptible to this form of mental illness, which is now called psychological trauma. Anyone who experiences an event that psychologically overwhelms them — and is unable to take this experience as a part of their everyday life — will succumb to this mental illness.

What are some common causes of trauma? It can result from any of the following experiences: surviving a natural disaster such as an earthquake or flood; falling victim to a physical assault; or witnessing, or being directly involved in, a serious accident such as a car or train crash.

A patient suffering from psychological trauma may display any of the following symptoms. Their eating habits are altered, so they eat more or less than usual, and they may sleep for longer or shorter periods of time than usual. They also tend to exhibit lower energy levels and may also complain of chronic pain, the source of which cannot be identified. In addition, they may display unusual emotional traits such as spontaneous crying, panic attacks, emotional numbness, and a heightened degree of irritability. You might also notice that they withdraw from those close to them, have trouble with decision making, and display lapses in memory.

The effects of psychological trauma are so devastating because they may make it impossible for the sufferer to function normally under any situation. This is not only hard on the patient but also for those loved ones around him or her. In other cases, the consequences of psychological trauma may only become apparent during stressful situations. One puzzling aspect of this ailment is that symptoms may not first appear until years after the actual traumatic event.

How can psychological trauma be treated? Professional treatment may be required depending upon the severity of the traumatic

Advanced Reading Expert Level 2

event as well as the individual's response to it. This could involve one-on-one counseling sessions with a trained psychologist or taking part in a local support group. It is important for sufferers to try to establish regular routines and maintain a healthy diet. Most importantly, perhaps, people suffering from psychological trauma need to realize that it will take time to heal from the event and allow themselves the necessary time to recover.

■ True or False Questions in English (10 Questions)

21. Shell shock was initially believed to be caused by physical injuries during World War I. ²¹⁾
22. Psychological trauma can affect people who have never served in the military. ²²⁾
23. Witnessing a car accident can be a cause of psychological trauma. ²³⁾
24. People with psychological trauma always develop symptoms immediately after the event. ²⁴⁾
25. One symptom of trauma is a change in eating habits. ²⁵⁾
26. Trauma sufferers typically sleep better than usual. ²⁶⁾
27. Emotional numbness is a possible effect of psychological trauma. ²⁷⁾
28. Psychological trauma only affects the individual and not their loved ones. ²⁸⁾
29. Support groups can be part of the treatment for psychological trauma. ²⁹⁾
30. Healing from psychological trauma happens quickly with proper treatment. ³⁰⁾

■ 진위형 문제 - 한국어 10문제

31. 제1차 세계대전 당시 셸 쇼크는 신체적 원인으로만 설명되었다. ³¹⁾
32. 심리적 외상은 군인뿐 아니라 일반인에게도 나타날 수 있다. ³²⁾
33. 홍수나 지진 같은 자연재해는 외상의 원인이 될 수 있다. ³³⁾
34. 외상 후 증상은 대부분 즉시 나타난다. ³⁴⁾
35. 심리적 외상 환자는 만성 통증을 호소할 수 있다. ³⁵⁾
36. 외상 환자들은 주로 더 많이 자는 경향을 보인다. ³⁶⁾
37. 외상은 환자의 감정 표현 방식에도 영향을 줄 수 있다. ³⁷⁾
38. 외상을 겪은 사람은 기억력이 좋아지는 경향이 있다. ³⁸⁾
39. 외상은 주변 가족이나 지인에게도 부담을 줄 수 있다. ³⁹⁾
40. 외상을 극복하려면 스스로 시간을 들여 회복하려는 태도가 필요하다. ⁴⁰⁾