

Angka Giliran:

No. Tempat Duduk:

UNIVERSITI SAINS MALAYSIA

Peperiksaan Semester Kedua
Sidang Akademik 2007/2008

April 2008

LSP 401 – Bahasa Inggeris Am
(General English)

Masa: 2 jam

INSTRUCTIONS TO CANDIDATES:

1. Please note that this question paper contains **(3) THREE** questions on **14 (FOURTEEN)** printed pages. Check that the paper is complete.
2. Answer **ALL** questions in this booklet.

UNTUK KEGUNAAN PEMERIKSA SAHAJA		
SOALAN	MARKAH PENUH	MARKAH DIPEROLEH
1	50	
2	20	
3	30	
JUMLAH	100	

Angka Giliran: No. Tempat Duduk:

QUESTION 1 (50 marks)

Read the text below and answer the questions which follow.

THE HEALING POWER OF BELIEF

- 1 For the past two years, I have been studying cancer survivors at UCLA, trying to find out why it is that some people respond much better to their treatment than do others. At first I thought that some patients did well because their illnesses were not as severe as the illnesses of others. On closer scrutiny, however, I discovered that severity of the illness was only one of a number of factors that accounted for the difference between those who get well and those who don't. The patients I am talking about here received upon diagnosis whatever therapy – medication, radiation, surgery – their individual cases demanded. Yet the response to such treatments was hardly uniform. Some patients fared much better in their therapies than others.
- 2 One woman with whom I worked closely is perhaps symbolic of the entire group. Let's call her Annie. Her illness was diagnosed as cancer of the liver. An exploratory operation convinced the surgeons that the disease was too far along to be treated by any known means. But Annie, far from being discouraged or depressed by **this verdict**, was absolutely determined to overcome her illness. She decided to fight with all of her powers of mind and body. Her family physician was so impressed with her spirit that he felt the dismal prediction of the specialists ought not to preclude further efforts. Very supportive, he encouraged Annie to see a surgeon in Houston who had a high record of success with patients who had a strong will to live and a confident attitude. The surgeon's name was John Stehlin.
- 3 Annie went to Houston and was interviewed by Dr. Stehlin. She visited the floor in St. Joseph's Hospital where Dr. Stehlin's patients were cared for. Instead of a gloomy white hospital setting, she found a cheerful, animated, attractive series of rooms, the largest of which was called the Living Room. It was equipped with easy chairs, reading corners, and **alcoves** for audio-video machines, containing a large array of cassettes of some of the funniest motion pictures ever produced. Dr. Stehlin installed the sets and obtained the cassettes after reading an article I wrote for the *New England Journal of Medicine* on the therapeutic value of laughter. He had always believed that hopefulness and laughter go together. People who are capable of experiencing joy, he discovered, were much better candidates for successful surgery and therapy than **those** who were morbid and apprehensive.

Angka Giliran: No. Tempat Duduk:

- 4 After spending only 15 minutes with Dr. Stehlin, Annie felt uplifted and thrilled by the atmosphere of the place. She met with patients who had come through even greater ordeals than her own. Dr Stehlin examined Annie and studied her medical record. Then he told her he would be willing to operate and give her the best possible care – but only if she had complete confidence in herself, in him, and in the operation. He suggested that she return home to think about it.
- 5 Annie did, but there wasn't much to think about. She was eager to proceed. When she returned to Houston, it was obvious to Dr. Stehlin that she was strongly motivated. He operated and removed 70 percent of her liver. Nevertheless, Annie's convalescence at St. Joseph's was rapid. She was caught up in a powerful, **affirmative** atmosphere. Today, three years later, she is active and free of symptoms. Annie and Dr. Stehlin know the odds are that there are probably other pockets of cancer throughout her body. But her condition has stabilized. She is a happy, functioning human being.
- 6 At the School of Medicine of the University of California, Los Angeles, I have been trying to find out if emotions affect the chemistry of the human body. For several decades, the term "psychosomatic" has been in general use. It means mind-body relationship. But the **precise** way the mind affects the body has not been clearly defined. As the result of recent research, however, it is possible to say that specific changes take place throughout the body as the result of human attitudes.
- 7 Indeed, Dr. Richard Bergland, a brain researcher at the Harvard Medical School, has written a paper suggesting that the human brain is basically a gland. Building on **this view**, Dr. Carmine Clemente, director of the Brain Research Institute at UCLA, has been looking into the secretions of the brain. He has estimated that there may be thousands of such secretions – all of which play a part in the functioning of the body.
- 8 What to me is most fascinating of all about these secretions is that **they** are not locked away or completely removed from the conscious intelligence. It is true that the mind has no ongoing awareness of the numberless functions generated by the brain – the beating of the heart, the actions of the nerve cells, the functions of all the glands. But the fact that we have no direct knowledge of these functions as they occur does not mean that we are barred from any supervision over them. The significance of biofeedback – a term used to describe the ability of the mind to enter into the workings of the body – is that human beings may actually be able to exert increasing control over themselves and may be able to play an important role in overcoming illness. ...4/-

Angka Giliran: No. Tempat Duduk:

- 9 This mind-body effect should not be surprising in view of the experience over the years with placebos. The term “placebo” is used to describe a “pill” that contains no medical ingredients but that often produces the same effect as genuine medication. Placebos provide ample proof that expectations can have an effect on body chemistry. According to a recent article on placebos in *Medical World News*, studies conducted over the past 25 years have shown that placebos satisfactorily relieved symptoms in an average of 35 percent of patients tested. These symptoms include: fever, severe postoperative pain, anginal pain, headache, and anxiety, among other complaints. The explanation for this strange phenomenon is that the human mind can create actual changes in body chemistry as a result of what it believes. If, for example, a person believes that a certain medication contains a substance that can accomplish a specific need, the body tends to move in that direction.
- 10 An increasing number of scientists now contend that the body’s healing system and its belief system are closely related. That is why hope, faith, and the will to live can be vital factors in the war against disease. The belief system converts positive expectations into plus factors in any contest against illness.
- 11 Another crucial factor that influences the system of belief and healing is the attitude of the physician. One of a doctor’s main functions is to engage to the fullest the patient’s own ability to **mobilize** the forces of mind and body in turning back disease. The patient’s belief in the judgment and healing power of the physician is often more important than the treatment itself in reversing the course of the illness. Dr. Herbert Benson, an associate professor of medicine at Harvard Medical School and author of *The Mind-Body Effect*, believes that a doctor’s “caring” about his or her patient causes specific physiological improvement. In Annie’s case, for example, she had a very supportive family physician plus the enlightened Dr. Stehlin, who was very aware that encouragement and a positive attitude can be all-important.

Angka Giliran: No. Tempat Duduk:

- 12 People who are seriously ill need to believe that they have a chance. They respond not just to the doctor's attitude but to the mood of the people very close to them. If hope is missing from the eyes and from the voices of their families, the absence will be felt. I feel that in the future there will be more and more programs in which caring professionals will help patients and their families to cope and to support the ill person and each other.
- 13 It makes no sense to believe that only the negative emotions have an effect on the body's chemistry. Every emotion, negative or positive, makes its registrations on the body's systems. When I was ill, I read every humorous book I could get my hands on. My goal was to be uplifted and relieved of worry and panic through laughter. That's why Dr. Stehlin uses comic films as part of his therapy. Illness is not a laughing matter, but perhaps it ought to be. Laughter is a form of internal jogging. It moves the organs around. It **enhances** respiration. It is an igniter of great expectations.
- 14 We must learn never to underestimate the capacity of the human mind and body to regenerate – even when **the prospects** seem most wretched. The life-force may be the least understood force on earth. The eminent psychologist and philosopher William James said that human beings tend to live too much within self-imposed limits. It is possible that these limits will **recede** when we respect more fully the natural drive of the human mind and body toward perfectibility and regeneration.

Author: Norman Cousins

Angka Giliran:

No. Tempat Duduk:

Section A (9 marks)

What do the following words or phrases refer to?

- 1. this verdict (paragraph 2) _____
- 2. those (paragraph 3) _____
- 3. this view (paragraph 7) _____
- 4. they (paragraph 8) _____
- 5. It (paragraph 13) _____
- 6. the prospects (paragraph 14) _____

Section B (12 marks)

Give the meanings of the following words as they are used in the text.

- 1. alcoves (paragraph 3) _____
- 2. affirmative (paragraph 5) _____
- 3. precise (paragraph 6) _____
- 4. mobilize (paragraph 11) _____
- 5. enhances (paragraph 13) _____
- 6. recede (paragraph 14) _____

Angka Giliran: No. Tempat Duduk:

Section C (15 marks)

Choose the most suitable answer by circling the correct letter e.g. (A).

1. The main point of the whole article is that
 - A. medical treatment is unnecessary if a patient has a strong will to live.
 - B. a patient's belief that he or she can recover is more important than medical treatment.
 - C. both medical treatment and the patient's belief that he or she can recover are important.
 - D. people who are very seriously ill may not respond to chemotherapy or radiotherapy.

2. From the text, we know that Annie had:
 - I. a poor chance of recovery
 - II. completely recovered from her illness
 - III. great determination to recover from her illness
 - IV. very supportive family members
 - A. I and III
 - B. II and IV
 - C. III only
 - D. All of the above

3. Which statement is **NOT TRUE**?
 - A. The mind may control the workings of the body.
 - B. All emotions, positive and negative, have an effect on the body's systems.
 - C. There is no place for laughter when dealing with serious illnesses.
 - D. Colourful and cheerful hospital rooms may aid in recovery.

4. The placebo effect is important because it demonstrates that some:
 - A. pills do not do any good.
 - B. ill people do not really need medication to recover.
 - C. ill people do not know or cannot tell what they are taking.
 - D. medication is not required to treat illnesses.

5. What is the main idea of paragraph 11?
 - A. It is essential to have skilled doctors who know their medications well in order to cure advanced forms of cancer.
 - B. Dr. Herbert Benson's life work is crucial in helping terminally ill patients recover.
 - C. The patient's confidence in his or her doctor helps in the recovery process.
 - D. An understanding and concerned doctor helps in the recovery process of his or her patient.

Angka Giliran:

No. Tempat Duduk:

Section D (14 marks)

Answer the following questions.

1. What is the tone of this article?

(2 marks)

2. How was Dr. John Stehlin's hospital floor different from other hospitals and why?

(3 marks)

3. What is the importance of biofeedback?

(5 marks)

4. In what way is the body's healing system intertwined with its belief system?

(4 marks)

Angka Giliran:

No. Tempat Duduk:

QUESTION 2 (20 marks)

Read the text below and complete the diagram that follows.

Procrastination is a type of behaviour which is characterised by deferment of actions or tasks to a later time. Psychologists often cite procrastination as a mechanism for coping with the anxiety associated with starting or completing any task or decision.

For the person procrastinating this may result in stress, a sense of guilt, the loss of personal productivity, the creation of crisis and the disapproval of others for not fulfilling one's responsibilities or commitments. While it is normal for individuals to procrastinate to some degree, it becomes a problem when it impedes normal functioning. Chronic procrastination may be a sign of an underlying psychological or physiological disorder.

The psychological causes of procrastination vary greatly, but generally surround issues of anxiety, low sense of self-worth, and a self-defeating mentality. Procrastinators are also thought to have a higher-than-normal level of conscientiousness, more based on the "dreams and wishes" of perfection or achievement in contrast to a realistic appreciation of their obligations and potential.

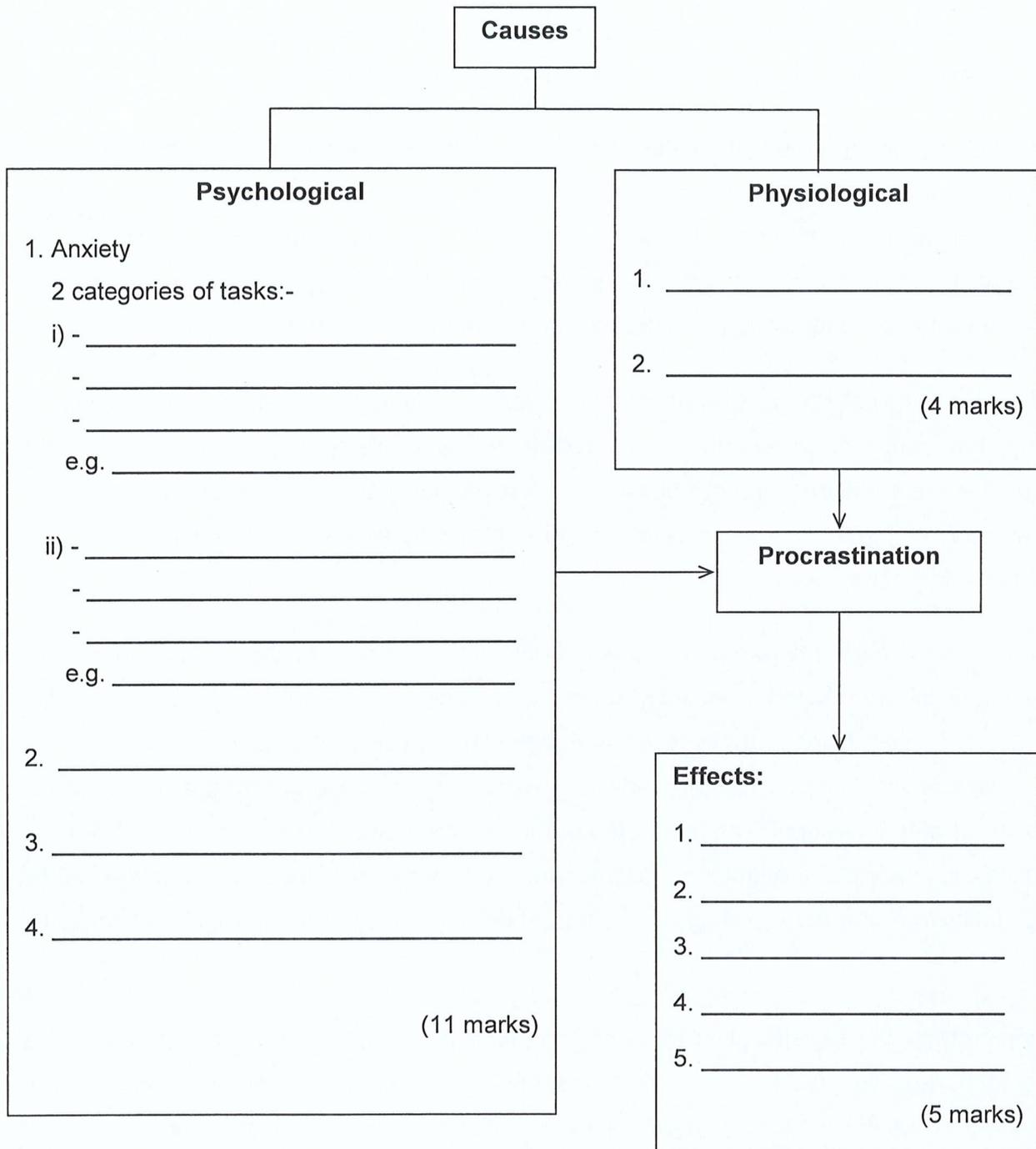
Author David Allen brings up two major psychological causes of procrastination at work and in life which are related to anxiety, not laziness. The first category comprises things too small to worry about, tasks that are an annoying interruption in the flow of things, and for which there are low-impact workarounds; an example might be organizing a messy room. The second category comprises things too big to control, tasks that a person might fear, or for which the implications might have a great impact on a person's life; an example might be the adult children of a deteriorating elderly parent deciding what living arrangement would be best.

Research on the physiological roots of procrastination mostly surrounds the role of the prefrontal cortex. This area of the brain is responsible for executive brain functions such as planning, impulse control, attention, and acts as a filter by decreasing distracting stimuli from other brain regions. Damage or low activation in this area can reduce an individual's ability to filter out distracting stimuli, ultimately resulting in poorer organization, a loss of attention and increased procrastination. This is similar to the prefrontal lobe's role in attention-deficit hyperactivity disorder (ADHD), where underactivation is common.

Angka Giliran:

No. Tempat Duduk:

Procrastination



(20 marks)

