

Passage 32

Pre-reading

Take no more than 3 minutes to skim and scan the passage. Then answer the questions in order.

1. This passage is about _____.
 1. addiction to illegal drugs
 2. Mrs. Betty Ford's health problems
 3. Americans' health problems
 4. addiction to drugs caused by unintentional over-use
2. The particular audience the writer is aiming at is _____.
 1. men
 2. women
 3. children
 4. male and female adults
3. Analgesic drugs are _____.
 1. pain-killers
 2. tranquilizers
 3. stimulants
 4. valium

ACCIDENTAL DRUG ADDICTION*

Relying on drugs to solve our problems, whether physical, mental or emotional, is as common as social drinking. One woman in five may be accidentally addicted to her legally prescribed medication. Habitual use--especially in combination with other drugs or alcohol--is causing more physical
5 damage and death than any of the "street" drugs we associate with drug abuse.

Mrs. Betty Ford, the wife of a former president of the United States, has once again performed a public service by focusing the nation's attention on a major medical problem--that of accidental addiction to prescribed medications and the dangerous consequences of combining drugs and alcohol. Mrs. Ford's
10 courageous admission of her own dependence on valium and alcohol has created a public awareness which will affect the lives of millions.

It is estimated that one in every five women may be accidentally addicted to her medication. Legally **prescribed drugs**, taken in dangerous combinations or with alcohol, are causing greater physical damage and death than any of the
15 illegal drugs generally associated with drug abuse.

Mrs. Ford's extraordinary candor is particularly important because she has awakened the public mind to a problem which has been growing rapidly for

*Muriel Nellis, "Accidental Drug Addiction," in *Reading by All Means*, ed. Fraida Dubin and Elite Olshtain (California: Addison-Wesley Publishing Company, 1981), pp. 46-47.

some decades--one that is not unique. Rather, Mrs. Ford's problem is a contemporary classic. In our society, reliance on drugs is as commonplace as
20 the consumption of food or the use of alcohol for special occasions.

Prescribing drugs is a common practice of medical care. A number of medications have been developed to treat pains and discomforts of every kind and almost without exception they affect the brain to some degree. Depending on the user's physical or emotional state, metabolism, hormonal balance, age
25 and frequency of use, they may produce various side effects, mildly discomfoting to fatal. And all are potentially habit- forming. The trouble is the user has no sure way of knowing any of these possibilities. Because they tend to think it is harmless, people often use prescribed drugs simultaneously with liquor, without regard to their chemical actions. Since all drugs are potentially
30 toxic, the use of several medications, either simultaneously or in close sequence to each other, adds further risk due to the drugs interaction. Such combinations are known to make an increased demand on the body's normal responses and functions. Often, it becomes impossible to determine exactly which element has caused an unexpected and dangerous reaction.

35 In a typical year, approximately 20 per cent of the 45 prescriptions filled in the U.S. are of the psychoactive (mood-changing) variety: stimulants, including appetite suppressions, and depressants--ranging from sleep-inducing sedatives to minor tranquilizers--are counted in this category. Another class of drugs in common use which may cause addiction are the analgesics (pain-
40 killers). All these drugs act on the central nervous system. They are often over-prescribed, and misused and lead to dependence. Prescriptions for mood-altering drugs are disproportionately high among women because they constitute

the largest group of patients seeking medical advice. It is known that women will reach for and accept help at critical points in their lives which may heighten
41 their dependence on medical advice.

A recent government study for the assessment of the drug and alcohol problems of women is especially critical of the tendency of physicians to “help” women by prescribing anxiety-reducing drugs as **au adjunct** to other medical treatment.

50 This report stated: “Drugs, as a coping mechanisms, offer short-term help coupled with long-term danger. This is not to say that drugs have not proven helpful for serious depressions and other mental illnesses. They have indeed. But for life’s everyday problems (and they can be painful) the support of sympathetic friends and relatives, specialized organizations and spiritual solace
55 are preferable to habitual reliance on drugs in any form.”*

A. After answering the questions, read the passage in detail to answer the rest of the questions.

1. According to the writer, taking drugs is as common as ____.
- | | |
|----------------------|-----------------------|
| 1. social drinking | 2. mental problems |
| 3. physical problems | 4. smoking cigarettes |

2. A person is accidentally addicted when he/she ____.

1. is given a one-time dosage of a dangerous drug
2. does not realize that addiction may result
3. suffers a great mental problem
4. is forced to use a drug

3. To the writer, ____.

1. American society is a drug addicted society
2. the use of alcohol is more dangerous than the use of any drug
3. people should not be allowed to buy drugs without a prescription given by a physician
4. the danger in legal drugs comes from mixing different kinds or from using alcohol with a drug

4. According to the government study, when you have a problem, a good way to solve it is to ____.

1. immediately go to see a doctor
2. get a prescription from a physician
3. turn to close friends or relatives
4. stop taking any medicine

5. The purpose of this passage is to ____.

1. warn people to stop using drugs
2. criticize the use of illegal drugs
3. describe a medical problem that affects many people
4. describe Mrs. Betty Ford's important service to the public

6. In paragraphs 7 and 8, we can infer that the government study _____.
1. proved that drugs were not helpful to cure sickness
 2. criticized doctors for over prescribing anxiety- reducing drugs
 3. showed that women liked to take drugs to suppress anxiety
 4. showed that people had to learn to face serious problem
7. The phrase "prescribed drugs" (line 13) means medicines which _____.
1. are sold according to law
 2. are ordered by a physician
 3. are needed for health purposes
 4. can be bought without a doctor's permission
8. "Mrs. Ford's case is a contemporary classic" (line 19) means Mrs. Ford's case is _____.
1. special
 2. common among high society women
 3. similar to a medical case in ancient time
 4. a typical example of a wide spread problem
9. "adjunct" (line 48) means _____.
- | | |
|--------------|-----------------|
| 1. addiction | 2. separation |
| 3. wholeness | 4. togetherness |
10. "their" (line 29) refers to _____.
- | | |
|------------------------|-------------------|
| 1. prescription drugs' | 2. people's |
| 3. chemical actions' | 4. possibilities' |
11. "this category" (line 38) refers to _____.
- | | |
|-----------------------|-----------------------------|
| 1. analgesic drugs | 2. tranquilizers |
| 3. psychoactive drugs | 4. sleep-inducing sedatives |

Passage 33

Pre-reading

Take no more than 3 minutes to skim and scan the passage. Then answer the questions in order.

1. If you want to know what organic farming is, you have to read paragraph _____.
 1. 1
 2. 2
 3. 3
 4. 6
2. Paragraph 4 is about _____.
 1. the Soil Association's job
 2. the Soil Association symbol
 3. how to get the Soil Association symbol
 4. how Laura and Laurence get the Soil Association symbol
3. To be a member of the cooperative, each participant has to sign a contract which lasts _____.
 1. 1 year
 2. 2 years
 3. 5 years
 4. 17 years
4. This passage is about _____.
 1. organic produce
 2. organic farming
 3. a chemical-free environment
 4. awareness of chemical use

In recent years organic farming has made its own impact on the farming community. Encouraged by the general public's awareness of chemical use in the environment, growers are becoming more aware of the demand for organically farmed produce.

5 Laura Davis, although not from an agricultural background, wasn't impressed by what she has seen of conventional methods. She joined her friend, Laurence, to develop an organic system of farming. "It was perfect really," she says. "We never considered using chemicals, so we were organic from the start."

"There is tremendous confusion about what 'organic' means. We describe
10 organic produce as 'the products of a sustainable system of farming that is environmentally harmless.' In other words, 'organic' describes the system of farming rather than the produce itself. Ail land has a certain amount of naturally occurring chemical in it. It's also possible that your produce can be marginally contaminated by, for instance, the farmer next door. So it is wrong to suggest
15 that the produce is completely free of chemical residue."

The Soil Association is the body which approved land suitable for organic growing. Their inspectors issue a Soil Association symbol which can be used in the marketing of organic produce. To gain the symbol, land has to be free of chemical use for at least two years--sometimes longer, depending on how it has
20 been used previously. The organic farmer also has to demonstrate competence in organic farming. Laura and Laurence were among the first to be awarded the symbol.

When Laura and Laurence first started operating organic farming commercially, they were selling to special outlets in London. **Because they**

25 were supplying individually, they had to try to meet as many demands as possible. Providing that sort of range and continuity all year round was no easy task. Now they sell their produce via a marketing cooperative, which is a group of 17 growers from various-size farms. "Forming the cooperative was a logical step," says Laura. "Individual producers were becoming vulnerable as the
30 competition grew amongst themselves, and as the large supermarket chains became more aware of organically produced food. The cooperative has been running for two years now. It is one of the first to try this and to have a national marketing structure. It is a considerable investment for us growers because we fund a full-time manager to control the storage, sales and transport of
35 the produce."

The techniques used by organic growers combine the best of traditional farming with modern methods and it would be a mistake to assume that organic growers are against modern techniques. They use them whenever they can. Machinery is also important to organic farmers, who will adapt what is available
40 to suit the needs of their system.

Planning the rotation of the crops to be grown is vital for Laura and Laurence. Every year in late January they sit down and decide what they will grow and on what area of their land they will grow it. They record this on large maps. It's quite complicated because they have to fit their rotation to that of
45 the other 17 growers. The cooperative will decide they need X amount of potatoes and X amount of onions. They then decide how much of that they can grow. As each participant signs a five-year contract to the cooperative, there is a commitment to the group above personal interest. They hope the interest of the group matches their own.

50 It's important for them to know in advance that there is a market for what they grow, so that all this careful planning will pay off in the end. It is necessary for them to spread the planting and harvesting cycle so they don't end up trying to harvest everything at once.

According to Laura, a particular problem organic growers face is in
55 educating the public about the appearance of the produce. There seems to be an obsession with cosmetics. Reports say chemical use is inevitable in order to get continuity in appearance. It is hoped that eventually people will pay less attention to the cosmetics and simply appreciate the flavour.*

4 After answering the questions, read the passage in detail to answer the rest of the questions.

1. In paragraph 3, the word "organic" describes _____.
 1. a way of farming that is completely free of chemicals
 2. a kind of food from which all chemicals have been removed
 3. a way of growing things without using artificial chemicals
 4. a kind of food that contains natural but not artificial chemicals

*Adapted from *CAE Practice Test*, Mark Harrison and Rosolie Kerr (Oxford: Oxford University Press, 1994), pp. 80-81.

2. The land for organic growing must be free of chemical use for at least ____.
1. one year
 2. two years
 3. three years
 4. more than five years
3. The Soil Association ____.
1. decides whether land is suitable for agriculture
 2. decides whether produce can be called organic
 3. inspects the land used by all new farmers
 4. inspects the food grown on organic farms
4. When they first started organic growing commercially, Laura and Laurence ____.
1. had difficulty growing enough produce
 2. weren't sure how much produce to grow
 3. supplied their produce to only one customer
 4. didn't have enough customers for their produce
5. The cooperative was formed ____.
1. to decide how much produce farmers can grow
 2. to advise people who are starting organic farming
 3. to encourage supermarkets to sell organic produce
 4. to stop organic growers competing with each other
6. Which is **true** according to the passage?
1. The cooperative plans the rotation of crops for Laura and Laurence.
 2. The Soil Association has been running for two years now.
 3. Organically produced food is not available in large supermarkets.
 4. The money paid for the management of the cooperative is quite a large sum.

7. Laura and Laurence plan their year _____.
1. so that they can harvest at different times from other cooperative members
 2. according to what kinds of produce they believe there will be a demand for
 3. so that they can grow different kinds of produce from the previous years
 4. according to the amounts of produce the cooperative instructs them to grow
8. In paragraph 6, the main idea is _____.
1. machinery is important to organic growing
 2. organic growers are against the use of modern machines
 3. organic growers prefer the traditional method of farming to the modern one
 4. organic growers use both traditional and modern techniques of farming
9. In the last paragraph, the fact statement is sentence _____.
- | | |
|------|------|
| 1. 1 | 2. 2 |
| 3. 3 | 4. 4 |
10. We can conclude that the public _____.
1. find the flavour of organic produce unusual
 2. want organic growers to apply cosmetics to their produce
 3. expect a certain type of produce to always look the same
 4. pay less attention to the appearance of the produce and appreciate only the flavour
11. 'vulnerable' (line 29) means _____.
- | | |
|-----------------|------------|
| 1. open to loss | 2. strong |
| 3. hopeful | 4. careful |
12. 'commitment' (line 48) means _____.
- | | |
|----------|--------------------------|
| 1. moral | 2. common responsibility |
| 3. work | 4. member |

13. 'themselves' (line 30) refers to _____.

1. organic producers

2. 17 growers

3. supermarket chains

4. cooperative members

Passage 34

Pre-reading

Try to preview the passage by answering the following question. And check your answer after reading.

1. What is a whale?

1. A wild animal

2. An aquatic animal

3. A domestic animal

4. A deep sea animal

2. What do you think the writer talks about whales?

Check the items.

_____ 1. Whales are kept for food.

_____ 2. Whales are extinct.

_____ 3. Each year a number of whales are killed.

_____ 4. Whales become close to human.

_____ 5. In Thailand people hunt a lot of whales.

_____ 6. Whales are more useful comparing to sharks.

_____ 7. Whales need protection.

_____ 8. Children go to the Safari World because they want to see a whale show.

_____ 9. Nowadays there are a lot of whale products on sale.

_____ 10. People try to find ways to protect whales.

THE FIGHT TO SAVE THE WHALES*

Many of the world's people are concerned about the dwindling number of whales in the oceans and seas. They are worried because the number of whales is getting so small. Whales are very large, aquatic animals. People have hunted whales since about the eleventh century. Certain types of whales have been
5 hunted too much. Recently, their numbers have decreased so much that they are in danger of becoming extinct. These concerned people are working to save the whales.

Why do people want to save the whales? There are two important reasons. One reason is that whales help to keep a balance between plants and animals.
10 People have disturbed this balance. People get rid of their wastes by throwing them into the oceans and seas. People's sewage and garbage increase the amount of salt in ocean and sea water. The increased salt helps some plants and some very small animals to grow. These plants and animals can be harmful to fish. Whales eat enormous amounts of plankton, the plants and animals that
15 thrive in very salty water. Therefore, whales are very important because they keep the ocean environment clean enough for fish. In addition, because fish provide necessary food for many people, people need whales, and many people want to save them.

*Jean Zukowski Faust, Susan S. Johnston and Clark S. Atkinson, *Between the Lines* (New York: CBS College Publishing, 1983), p. 57.

How are people working to save whales? Some worried people are
20 working to save the whales through legal means, by using the law. These people
attend meetings of whaling commissions to ask whalers, the hunters, to reduce
the number of whales that can be killed in a year. They also work within
countries to persuade lawmakers to make whaling against the law and to make
the use of whale products illegal too.

25 Other concerned people are working to save whales from extinction in
another way. These people believe that the best means to save the whales is by
making whale products expensive. They think that if whale products become
less economical than similar products, whalers will kill fewer whales. The
supply of whale products will decrease because of the lower demand for whale
30 products. For example, one of the most valuable whale products is whale oil.
Whale oil, which is processed from the fat, meat, and bones of whales, has many
uses. For example, it is used in the manufacture of margarine, soap, and certain
cosmetics. One large whale may yield 150 barrels of whale oil. Scientists have
found a plant oil that is similar to the valuable whale oil; it is the oil of a desert
35 plant, jojoba (pronounced ho-Ho-ba) oil. People hope that jojoba oil can be
produced more economically than whale oil and that, in this way, they can help
to save the whales.

Concern for whales is worldwide. Some governments will not let people
sell whale products in their countries. Other governments have changed the laws
40 about whaling; now the laws do not let whalers kill as many whales as they did
before. People who want to save whales are very hopeful that the gentle giants
of the ocean can be saved.

Choose the best answer.

1. Why are people worried about whales?
 1. Whales become more dangerous.
 2. Whales are rapidly disappearing.
 3. Whales are smaller.
 4. People need whale products.
2. What are the reasons why people want to save whales?
 1. Whales keep balance between plants and animals and people need them for food.
 2. Whales keep balance between plants and animals and people need them for whale products.
 3. Whales keep balance between plants and animals and they help people have enough fish to eat.
 4. All are correct.
3. How do whales help keep balance between plants and animals?
 1. They eat plants and small animals which are harmful to fish.
 2. They help get rid of the wastes thrown into the sea by people.
 3. They help decrease the amount of salt in the sea.
 4. They keep the sea environment clean for the plants and small animals.
4. How many ways to save whales are mentioned in the passage?

1. 1	2. 2
3. 3	4. 4

5. Which is saving whales through legal means?
1. Making whale products very expensive.
 2. Attending meetings of whaling commissions.
 3. Making whaling against the law.
 4. Not using whaling products.
6. Some concerned people think that whales are killed because _____.
1. they increase too rapidly
 2. people need whale products
 3. they are dangerous
 4. whale products are illegal
7. Arrange the following statements in time order.
- a. Hunters start to hunt whales, the largest animal in the world.
 - b. Whales are put on the endangered species list.
 - c. The number of whalers increase as a result.
 - d. The number of whales in the oceans decrease quickly.
 - e. People need a high-quality oil.
- | | |
|------------------|------------------|
| 1. e, b, d, a, c | 2. e, c, a, d, b |
| 3. a, d, b, e, c | 4. a, e, c, b, d |
8. According to the passage, do you think who or what rules the world?
- | | |
|------------|----------------|
| 1. Whales | 2. Human being |
| 3. The law | 4. Whalers |

Passage 35

Pre-reading

Try to preview the passage by answering the following question. And check your answer after reading.

1. Which one mostly matches with the word "boredom"?

1. Be tired and uninterested.
2. Be hateful.
3. Be angry.
4. Be nervous.

2. What can cause boredom? Check the items.

- | | |
|---------------------------|-------------------------------|
| _____ 1. Hard work | _____ 6. Too little free time |
| _____ 2. Repetition | _____ 7. Too much free time |
| _____ 3. Laziness | _____ 8. Variety |
| _____ 4. Dislikeness | _____ 9. Failure |
| _____ 5. Interesting work | _____ 10. Disappointment |

3. Write down the results of boredom in the space provided.

METHODS OF ELIMINATING BOREDOM*

The problem of eliminating the effects of boredom is acute in present-day industry, since there are many repetitive tasks resulting from the fractioning of work into smaller and simpler units. An obvious but naive answer to the question of how to eliminate boredom is to do away with tasks of repetitive nature. This is not only impractical but to a considerable extent unnecessary.

A promising lead on how to reduce boredom comes from the finding that repetitive tasks do not give rise to the same degree of boredom in all persons. For example, in an investigation of women sewing-machine operators, those reporting the strongest feelings of boredom disliked routine activity, more often preferred active leisure activities, and indicated lack of satisfaction with their home and personal life. Operators who were least susceptible to boredom were

*B. Von Haller Gilmer, *Industrial Psychology* (n.p.: n.p., n.d.), p.294.

placid and generally contented with the existing state of affairs. Another study of women performing repetitive work in a chemical factory showed that those experiencing the most boredom tended to be more extroverted than introverted, 15 desired opportunities to use their own ideas, and attached great importance to promotions. There is also evidence that persons of low normal intelligence are less bored by repetitive work than persons of higher intelligence. Additional study of the personality characteristics associated with feelings of boredom are necessary, but the available evidence indicates that production decrement 20 resulting from boredom can be reduced by selecting people who will not be bored with the jobs to which they are assigned.

Although rest periods tend to reduce the deleterious effects on production resulting from boredom, the effect is not due as much to a need for rest as it is to a need for change. The bored worker is satiated with doing the same old thing. 25 Rest periods provide an opportunity for change, of course, but boredom can frequently be relieved by giving the worker another kind of job. Variety is the spice which makes work interesting, and the interested worker is never bored. Maier reports a practical application of the principle of variation concerned with two types of maintenance jobs, dusters and solderers. The workers complained of 30 overwork and were apparently bored with the tediousness of their routine tasks. They were eventually given the opportunity to exchange jobs, and all of them accepted. Half the workers dusted and half soldered, but every two hours they exchanged jobs. Feelings of boredom were reduced, and, significantly, the dusters now dusted as much on a half-time basis as they had previously on full 35 time.

Exchanging jobs is not a general cure-all for boredom. The effectiveness of the practice depends at least in part on the amount of similarity between the jobs and the frequency with which the exchanges are made. If two jobs are perceived as highly similar, changing from one to the other will do little good. 40 On the other hand, if they are so highly dissimilar that great versatility in skill is required, boredom may be reduced but at a great loss in efficiency. Where there is a moderate degree of similarity which allows the use of the same skills but the experience of doing something different, the beneficial effects will be maximized. Even in this situation confusion in operations can ensue if the jobs 45 are alternated too often.

The bored worker frequently says that he has the feeling of not making any progress. He perceives his work as endless and unmeaningful. Routine inspection of the same kind of machine parts as they come off a conveyor will not likely engender feelings of progress in the inspector. One part is like 50 another, and there are thousands of them. These feelings can sometimes be reduced by the foreman or supervisor who takes time to point out to the worker the relation of his routine or part work to the total job picture. He might explain why, for example, certain tolerances must not be exceeded. Or he might ask for suggestions on the improvement of methods of inspection, or discuss waste costs 55 resulting from the rejection of parts. Giving the worker responsibilities and opportunities or judgment makes his work more meaningful and hence reduces the feelings of boredom which occur when he is looked upon as a robot who is told to do a job and ask no questions. In some situations a technique used to help correct boredom is "batching". No new work is given to the employee 60 until he completes the batch he is working on.

What will *more* leisure do to people? Boredom, even fatigue, may increase with shorter work hours. Many workers are even now taking on second jobs, and for reasons in addition to bringing in more income. Such moonlighting is one way to deal with the problem of additional leisure time, or some perhaps a better way than developing new and more expensive tastes. Boredom is affected not only by individual personality, but by job perception and even by mood. On the job, in addition to job rotation and job enlargement, introducing subgoals that allow for task completion sometimes may help to lessen boredom.

In one individual own threshold for boredom may be offset by a low threshold for stimulation; in another, it may be accompanied by a high threshold for stimulation. In the second instance, boredom may become a serious psychological problem for the individual.

Choose the best answer.

1. Where does the boredom discussed in the passage occur?
 1. In industry
 2. In education
 3. In politics
 4. In business
2. What does the passage mainly talk about?
 1. The consequences of boredom
 2. The causes of boredom
 3. The ways to get rid of boredom
 4. The ways to change tasks

3. According to the passage, what causes boredom?
1. Repetitive tasks
 2. A variety of tasks
 3. Rest periods
 4. All of 1, 2, and 3.
4. Those who are likely to get bored with the repetitive tasks seem to _____.
1. prefer household work and be introverted
 2. be extroverted and of normal intelligence
 3. be dissatisfied with their personal life and extroverted
 4. not care for promotion and be of higher intelligence
5. In the third paragraph which can reduce boredom?
1. Giving workers rest periods
 2. Giving workers a variety of jobs
 3. Giving workers higher wages
 4. Giving workers pride
6. The beneficial effects of exchanging jobs depend on _____.
1. the difficulty of the exchanged jobs and the frequency of the exchanges
 2. the frequency of the exchanges and the persons who do the exchanges
 3. the similarity between the jobs and the frequency of the exchanges
 4. the similarity between the jobs and the skills of the persons who do the exchanges
7. What can reduce boredom?
1. Interesting jobs, more leisure time
 2. Job rotation, personality changes
 3. Job rotation, more leisure time
 4. Job rotation, feeling of success

Passage 36

Pre-reading

Try to preview the passage by answering the following question. And check your answer after reading.

1. According to the title, what do you think the selection is about?
 1. General psychology
 2. Psychology and a person's behavior
 3. Psychology and a person's real existence
 4. Psychology and a person's mind
2. Which mostly matches with the word "humanistic"?
 1. Concerning man not animal
 2. Having human kindness and the qualities of civilized person
 3. Concerning with trying to improve human being's life
 4. Concerning with the needs of man, not with religious principles
3. Who are the psychologists? Check the items.

1. Sigmund Freud	5. Theodore Brameld
2. Jacob Bronowski	6. Abraham Maslow
3. Carl Rogers	7. Fritz Peris
4. William J. Bennett	8. Erich Fromm

HUMANISTIC PSYCHOLOGICAL AND SELF-ACTUALIZATION*

Carl Rogers, Fritz Peris, Erich Fromm, and Abraham Maslow have contributed to an approach to personality that is quite different from the others we have been discussing. Although there are substantial differences among their individual approaches, they may all be considered *humanistic*. Instead of
5 dealing mainly with explanations of how personality develops, humanistic psychologists concentrate on how personality *should* develop; and instead of emphasizing similarities among people, they focus on the uniqueness of each individual. According to the humanistic view, all people have certain unique talents, abilities, feelings, and potentials to express. To the extent that
10 individuals manage to express them they are *self-actualized*, and in this sense their lives are successful and full.

The proponents of the humanistic school differ somewhat in their explanations of where these inner potentialities come from, but they all agree that they exist. The crucial assumption is that somewhere in each of us is our
15 “true” personality, trying to express itself against the pressures in the world. Thus, instead of discussing the formation of personality in childhood, the humanists deal with how personality emerges if given a chance and how

*Jonathan L. Freedman, *Introductory Psychology* (California: Addison-Wesley Publishing Company, Inc., 1978), p. 198.

certain factors can interfere with this emergence. As Abraham Maslow states, “Full healthy and normal and desirable development consists in actualizing
20 this nature and fulfilling these potentialities, and in developing its maturity along the lines that this hidden, covert, dimly seen, essential nature dictates, growing from within rather than being shaped from without.” (Maslow, 1954, pp.340-341)

The idea that all people are unique and have within themselves their full potential is an appealing one. The direct implication is that the role of society is
25 to encourage and support individual growth, giving maximum freedom to express one’s inner tendencies. Unlike Freud, who emphasized the necessity of socialization and control, humanistic psychologists feel that an authoritarian parent or a strict environment will interfere with the person’s development. Even loving parents can do harm if they make decisions for their children or try
30 to encourage them along preconceived lines of development. The mother who gives her son piano lessons because she wants him to be a great musician may think she is doing the best for her child, but may not be if the child’s natural inclinations are not musical. The enlightened father who wants his daughter to be a doctor may be working against this particular girl’s innate talent for physics
35 or dancing. In other words, the ideal environment is one that allows and encourages children to express their own feelings and to develop unique interests and abilities.

A closely related aspect of humanistic theory is Maslow’s hierarchy of needs and motives. Although it is possible to argue with his particular sequence
40 of needs or even that some are higher than others, his point is well taken that some needs are more basic and urgent than others in the sense that individuals

must satisfy them first. Someone who is hungry cannot easily concentrate on being creative, a person who lacks love and security will find it difficult to
45 pursue justice; and so on. However, it is probably inaccurate to say that the basic needs must be *fully* satisfied before others can be expressed (a somewhat hungry or sexually unfulfilled person can still create works of art or fight for justice), but it does seem likely that to the extent that basic needs are frustrated they interfere with higher motives.

50 This is quite a different position from that taken by Freud, who felt that certain needs, such as sexual and aggressive impulses, when not expressed could be the basis for creative energy. Since he saw these id impulses as the prime source of human energy, artistic creativity and any other higher motivation were simply different forms of expressing these basic needs. In contrast, Maslow sees
55 self-actualization as the primary source of energy, and believes frustration of a need is unhealthy.

The major contribution of the humanistic approach is to focus attention on allowing the individual's inner nature to express itself. It is not necessary to accept the view that our inner nature is formed at birth--our potential can be
60 seen as a product of innate factors plus experience. But humanistic psychologists make the valid point that society often frustrates out needs and creative impulses. A girl may have decided by the age of six to be a lawyer. Her decision was based on identification with a parent plus events involving conditioning, and her own innate intelligence and other abilities. However, this desire may be
65 continually frustrated by a society that says that most women do not become lawyers, that puts various obstacles in her path, and that may try to convince her to become a housewife or nurse instead. Similarly, a boy may learn early in life

to be easygoing, not to have strong achievement motivation, and not to strive hard to for financial success. Perhaps he would like to be an artist or just take
70 any job that does not require too much hard work. As an adolescent, he finds enormous pressures from his family, friends, and school to be “successful,” to achieve good grades, to get a “good” job. His artistic nature is frustrated rather than encouraged. Whether these interests and inclinations are present at birth or develop in childhood, there is little question that during adolescence many
75 people find that their environment does not encourage them to express their own, personal feelings. Yet most people would be happier, more productive, and more fulfilled if they were not only allowed but encouraged to “do what they want” rather than what society decrees is right for them.

Choose the best answer.

1. According to humanistic view, individuals _____.
 1. are unique
 2. develop themselves to please others
 3. have things in common
 4. like to express themselves
2. “Them” (line 10) refers to _____.
 1. individuals
 2. unique talents, abilities, feelings, and potentials
 3. their lives
 4. all people

3. Who is not included in the "Proponents" (line 14)?
1. Abraham Maslow
 2. Fritz Peris
 3. Carl Rogers
 4. Sigmund Freud
4. According to humanistic psychologists, true personality _____.
1. is formed by environments
 2. exists in each individual
 3. is changed little by little
 4. expresses itself when it develops fully
5. Within a person's development Freud emphasized the importance of _____.
1. social factors
 2. individuality
 3. freedom
 4. potential
6. What is the main idea of the fourth paragraph?
1. People without basic needs cannot express other ones at all.
 2. Needs are put into sequence.
 3. Basic needs must be fully satisfied before others can be expressed.
 4. Frustrated basic needs interfere with higher motives.
7. What is the main idea of the sixth paragraph?
1. A person's potential can be seen as a product of innate factors plus experience.
 2. Most people should be allowed and encouraged to "do what they want" rather than what society wants.
 3. A person's needs are often frustrated by society.
 4. A person's environment hardly encourages him to express his own, personal feelings.