

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



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23. Matthew J. Hertenstein, an associate professor of psychology at DePauw
24. University, carries out an experiment with 248 students. Each student was
25. instructed to use touch to convey one of eight emotions, ranging from anger to
26. sympathy. The person being touched, who had not previously met the teacher,
27. was blindfolded. The touchers were free to use different methods, from rubbing
28. the back to caressing the face, to convey emotions. Afterwards, those touched
29. were asked to choose the emotion expressed. Statistics show that, with random
30. answers, the accuracy rate would be around 11 percent. Infact, the students
31. chose the correct emotion between 50 and 78 percent of the time.

32. (30) 1 form of play 2 means of communication
33. 3 way of measuring intelligence 4 method of defense

Further Questions

34. 4) What were the students in Hertenstein's experiment told to do?
35. *They were told to express one of eight emotions using touch.*

36. 5) Were the students in the experiment able to choose the correct emotion?
37. *Yes, they were able to choose the correct emotion between 50 to 78 percent of*
38. *the time.*

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

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