

SELEKSI NASIONAL MASUK PERGURUAN TINGGI NEGERI
(SNMPTN)

Mata Pelajaran : B. Inggris
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Gunakan PETUNJUK A untuk menjawab soal nomor 31 sampai dengan nomor 45!

Passage 1

Vitamin D deficiency is traditionally with bone and muscle weakness, but in recent years a number of studies have shown that low levels of the vitamin may predispose the body to high blood pressure, congestive heart failure, and chronic blood vessel inflammation (associated with hardening of the arteries). It also alters hormone levels to increase insulin resistance, which raises the risk of diabetes.

- 5 In a review article published in the *Journal of the American College of Cardiology*, researchers surveyed recent studies on the link between vitamin D deficiency and heart disease to come up with practical advice on screening and treatment. They concluded that vitamin D deficiency is much more common than previously thought, affecting up to half of adults and apparently healthy children in the U.S. Researchers say higher rates of vitamin D deficiency may be due in part to people spending more time indoors and efforts to minimize sun exposure through the use of sunscreens.
- 10 Sunscreen with a sun protection factor (SPF) of 15 blocks approximately 99% of vitamin D synthesis by the skin.

"We are outside less than we used to be, and older adults and people who are overweight or obese are less efficient at making vitamin D in response to sunlight," says O'Keefe. "A little bit of sunshine is a good thing, but the use of sunscreen to guard against skin cancer is important if you plan to be outside for more than 15 to 30 minutes of intense sunlight exposure."

31. The main idea of this passage is that ...

- (A) vitamin D deficiency in one's body is the main cause of diseases.
- (B) traditional vitamin D deficiency causes problems in bones and muscles.
- (C) research findings show vitamin D deficiency may lead to health problems.
- (D) the best source of vitamin D to improve one's health comes from sunshine.
- (E) the U.S researchers say that sunscreen can keep everyone from skin diseases.

32. The word *predispose* in '...low levels of the vitamin may predispose the body...' (line 2) is closest meaning to ...

- (A) prevent.
- (B) result.
- (C) expose.
- (D) stimulate.
- (E) relate.

33. The following statements are true about the passage, EXCEPT ...

- (A) diabetes can be the results of vitamin D deficiency.
- (B) more and more people experience deficiency in vitamin D.
- (C) overweight people need to be more responsive to sunlight.
- (D) vitamin D deficiency may cause thickened arteries.
- (E) sunscreen can protect us from skin cancer.

34. Skin cancer is believed to be the effect of ...
 (A) chronic vitamin D deficiency.
 (B) excessive exposure to sunlight.
 (C) doing more indoor activities.
 (D) low levels of vitamin consumption.
 (E) lack of sun protection factor.
35. The paragraph following this passage would likely contain some information on ...
 (A) obese problems with older adults.
 (B) testing the level of vitamin D deficiency.
 (C) sunscreen effect on vitamin D deficiency.
 (D) how to protect our skin from cancer.
 (E) outdoor activities and vitamin D deficiency.

Passage 2

Some people go to work each day and then come home. They do it from time to time like this. They spend time with their family and friends after work. Maybe they watch TV or go to a movie. Sometimes they exercise or read. Some others enjoy their togetherness with their family in the living room telling their day's experience. This is their life. But for other people, this isn't enough. They look around their neighborhoods and see people with terrible hardships: sickness, 5 loneliness, and homelessness. Other people see problems with the environment. Many people want to help. They volunteer. They give some of their time to help others.

Volunteers help other people in many ways. Some visit sick and lonely people. Some give their friendship to children without parents. Some build houses for homeless people. Still others share their time by helping those of the victims of natural disasters. Others sit and hold babies with AIDS.

- 10 Andy Lipkis was at a summer camp when he planted his first tree. He began to think about the environment. In many countries, people were cutting down trees recklessly. As a result, landslides, floods, and natural disasters occurred, killing many people, damaging their properties, and washing their villages away. Andy Lipkis was worried about this. In 1974, he started a group, TreePeople, to plant many kinds of trees: pine, elm, cypress, and eucalyptus. Today there are thousands of members of TreePeople, and more join everyday. They plant millions of trees everywhere.

36. What is the topic of the passage?
 (A) Volunteering work
 (B) Effective time spending
 (C) Saving the environment
 (D) TreePeople's activities
 (E) Living with hardships
37. According to the passage, the difference between volunteers and non-volunteers is that ...
 (A) volunteers come back home very late almost everyday.
 (B) non-volunteers donate some money to homeless people.
 (C) most of volunteers have part-time jobs to earn a living.
 (D) volunteers do not spend time with their families and friends.
 (E) non-volunteers do not spend their spare time to help others.
38. Based on the information in the passage above, what is a relevant question raised?
 (A) What would a volunteer possibly do in case of refugees as war victims?
 (B) Why do people volunteer as a part of their environmental concern?
 (C) A part from planting trees, what do TreePeople do as their volunteering work?
 (D) How would volunteers earn their living to fulfill their daily needs?
 (E) Why should Andy Lipkins experience hardship as a volunteer in TreePeople?

39. The following statements are true about the passage, EXCEPT ...
- (A) people do activities in many different ways.
 - (B) people have different concern about environment.
 - (C) non-volunteers spend their time with their family.
 - (D) Andy Lipkis' groups pay attention to environment.
 - (E) non-volunteers are willing to help others.
40. The paragraph following this passage most likely contains some information on ...
- (A) other activities done Andy Lipkis' group.
 - (B) countries where we can find TreePeople.
 - (C) other names of TreePeople members.
 - (D) other activities done by volunteers.
 - (E) Andy Lipkis' experience as a volunteer.

Passage 3

Throw out the bottles and boxes of drugs in your house. A new theory suggests that medicine could be bad for your health, which should at least come as good news to people who cannot afford to buy expensive medicine. However, it is a blow to the medicine industry, and an even bigger blow to our confidence in the progress of science. This new theory argues that healing is at our fingertips: we can be healthy by doing Reiki on a regular basis.

Supporters of medical treatment argue that medicine should be trusted since it is effective and scientifically proven. They say that there is no need for spiritual methods such as Reiki, Yoga, Tai Chi. These waste our time, something which is quite precious in our material world. There is medicine that can kill our pain, x-rays that show us our fractured bones or MRI that scans our brain for tumors. We must admit that these methods are very effective in the example that they provide. However, there are some "every day complaints" such as back pains, headaches, insomnia, which are treated currently with medicine. When you have headache, you take an Aspirin, or Vermidon, when you cannot sleep, you take Xanax without thinking of the side effects of these. When you use these pills for a long period, you become addicted to them; you cannot sleep without them. We pay huge amounts of money and become addicted instead of getting better. How about a safer and more economical way of healing? When doing Reiki to yourself, you do not need anything except your energy so it is very economical. As for its history, it was discovered in Japan in the early 1900s and its popularity has spread particularly throughout America and Western Europe. In quantum physics, energy is recognized as the fundamental substance of which the universe is composed. Reiki depends on the energy within our bodies. It is a simple and effective way of restoring the energy flow. There are no side effects and it is scientifically explained.

Opponents of alternative healing methods also claim that serious illnesses such as HIV/AIDS and cancer cannot be treated without drugs. They think so because these patients spend the rest of their lives in the hospital taking medicine. How can Reiki make these people healthy again? It is very unfortunate that these patients have to live in the hospital losing their hair because of chemotherapy, losing weight because of the side effects of the medicine they take. Actually, it is common knowledge that except for when the cancer is diagnosed at an early stage, drugs also cannot treat AIDS or cancer. Most of the medicine these patients use are to ease their pain and their suffering because of the medical treatment they undergo. Instead of utilizing drugs which are expensive and have many side effects, you can use your energy to overcome the hardship of life, find an emotional balance, leave the stress of everyday life and let go of the everyday worries. Most of the chronic conditions such as eczema or migraine are known to have causes such as poor diet and stress. Deep-rooted anger or other strong emotions can contribute to viral infections as well. Since balancing our emotions and controlling our thoughts are very important for our well-being, we should definitely start learning Reiki and avoid illnesses before it is too late.

41. Which of the following statements best expresses the main idea of the passage?
- (A) The existence of alternative healing methods is a disaster to the medical enterprise.
 - (B) Alternative healing methods cannot overcome serious illnesses such as HIV/AIDS.
 - (C) Doing Reiki and Taichi in our material world is a waste of time.
 - (D) Appropriate energy management may replace medical treatment of serious diseases.
 - (E) Reiki can also improve our physical and spiritual well being if practiced appropriately.

42. According to the passage, an alternative method like Reiki can heal serious illness like cancer if ...
- (A) it is combined with medical treatment.
 - (B) there is an earlier diagnosis for the illness.
 - (C) the method is preceded by medical check.
 - (D) it is accompanied with the pain killers.
 - (E) it is carried out at home on a regular basis.
43. According to the passage, certain diseases may derive from the following factors, EXCEPT ...
- (A) poor feeding.
 - (B) mental pain.
 - (C) rooted distress.
 - (D) deep fury.
 - (E) long loneliness.
44. The statement '*... healing is at our finger tips ...*' (line 4) is most similar in meaning to the following:
- (A) Our finger points are useful tips that can be used to heal diseases.
 - (B) To heal any diseases by a certain and regular exercise is easy.
 - (C) The finger tips contain numerous nerve cells to heal certain diseases.
 - (D) We have to be aware of the functions of the finger tips.
 - (E) Most of the diseases may come from our finger tips.
45. According to the text, what does the writer suggest to readers on Reiki?
- (A) To comprehend it.
 - (B) To appreciate it.
 - (C) To experience it.
 - (D) To consider it.
 - (E) To manage it.