

## **APPENDIX 1**

### **The Text for the SAQ Format Test**

Both men and women are living longer these days in the industrialized countries. However, women, on the average, live longer. In general, they can expect to live six or seven years more than men. The reasons for this are both biological and cultural.

One important biological factor that helps women live longer is the difference in hormones between men and women. Hormones are chemicals which are produced by the body to control various body functions. Between the ages of 12 and 50, women produce hormones that are involved in fertility. These hormones also have a positive effect on the heart and the blood flow. In fact, women are less likely to have high blood pressure or to die from heart attacks. The female hormones also protect the body in another way. They help the body to defend itself against some kinds of infections. This means that women generally get sick less often and less seriously than men. Women are also helped by their female genes. Scientists are still not exactly sure how genes influence aging, but they believe that they do. Some think that a woman's body cells have a tendency to age more slowly than a man's. Others think that a man's body cells have a tendency to age more quickly. Recent research seems to support both of these possibilities.

The cultural context can also influence expectancy for men and women. (Life expectancy is the expected length of a person's life.) For example, women generally smoke cigarettes less than men. They also drink less alcohol on average. Both cigarettes and alcohol have been proven to cause many health problems and to shorten lives. Another factor that has influenced the lives of women is the lack of stress. Stress is well known to shorten lives. Until recently, women who worked were usually in less responsible, less stressful positions. At home, housework tends to keep women in better physical condition than men. This generally better physical condition is yet another factor in women's longer lives.

These cultural factors have played an important part for women who are now getting old. But the social habits of women are changing. Young women are smoking and drinking more than women used to. More women are working now and holding more responsible positions.

These changes may mean that the cultural context will no longer help women live healthier lives. However, the other, biological factor in life expectancy remain unchanged. Women probably will therefore continue to live longer than men.

from Joh (1999)

**APPENDIX 2**  
**The SAQ Format Test Items and Answer Keys (in Brackets) for  
the Main Test**

1. What would be the most relevant title of the text?

(Reasons for women's longer life than men)

2. How is the author's tone regarding women's longevity in the future?

(Hopeful (yet with some reservations))

3. What are the two biological factors for women's longevity?

(Hormones, Female genes)

4. Do you think that women live longer than men in underdeveloped countries as well as in developed ones? According to the answer (yes/no), give the reason(s).

(Yes, because biological factors for women's longevity are the same in both types of countries)

5. What type of writing is the text?

(Expository text)

6. What are the four cultural factors contributing to women's longer life than men?

(Women smoking less than men, women drinking less than men, their lack of stress, their housework)

7. Does the author think women can still enjoy longevity in the future as they do now? According to the answer (yes/no), give the reason(s).

(Yes, because biological factor for their longevity will remain un-

changed in the future despite changes in social habits of women)

\* While the questions were given in English as above, the students were allowed to use Korean for answers.

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