

Ez a feladat az olvasásértés vizsgarész egyik állandó feladattípusa. Az összes vizsgarész valamennyi feladattípusát megtekintheted a [MyEuroexam fiókodban](#), ahol teljes vizsgatesztet is találsz.

Who is writing? – (Ki a szerző?) 10 minutes

You will read a short text about the negative impact of excessive internet browsing on the human brain. Below the text there are six written reactions to it.

- Match the reactions (1-6) to their writers (A-H).
- Place a cross (X) in the appropriate box on your Answer Sheet.
- There are two items which you will not need.

The negative impact of excessive internet browsing on the human brain

- A Ambivalent film critic
- B Judgmental headmaster
- C Suspicious politician
- D Concerned researcher
- E Supportive lawyer
- F Zealous university lecturer
- G Irate content creator
- H Doubtful psychologist



TEXT

A recent study has found that too much internet browsing lowers the volume of grey matter. Researchers examined the habits of 1000 adults and found that those who spent an above-average amount of time browsing the internet showed reduced volume in their frontal cortex. However, the study does not claim there is a direct correlation between internet use and the loss of grey matter. It is about the opportunity cost: every hour spent on browsing is an hour they are not exploring the physical world or get involved in creative pursuits.

1

For some people, high-intensity activities like social gatherings or sport can be overwhelming. For instance, neurodiverse individuals may find that browsing allows them to experience a range of emotions and situations from the safety of their own personal space. Watching videos is akin to practising scenarios before encountering them in real life, which can be particularly helpful for individuals who find social interactions challenging. The assertion that internet content impedes us from doing something “better” overgeneralises the situation and dismisses the lived experience of many individuals. ‘Better’ is subjective and highly dependent on individual preferences.

2

The internet is a remarkable equalizer, providing individuals from diverse backgrounds access to information that might otherwise be out of reach. This equal distribution of knowledge is a powerful tool for empowerment and social progress. The internet also serves as an essential medium of representation for underrepresented groups. Individuals from working-class backgrounds can see people like themselves producing content, with accents and experiences that mirror their own, which fosters a sense of inspiration and belonging. With that in mind, I can’t help but question the motives behind studies like this one, which essentially blames poor people for not being able to afford middle-class forms of entertainment like theatres and museums.

3

Given the amount of time young people spend in front of screens, it is hardly surprising that the broader population is doing the same. What’s equally troubling is the content that often dominates these screens. The prevalence of mindless influencers and shallow entertainment sends the wrong message to our youth. It seems that the allure of fame, often achieved through shortcuts and minimal effort, is promoted over the value of hard work and genuine accomplishment. As grown-ups, we bear the responsibility of guiding young people towards a meaningful life, which doesn’t involve brainlessly staring at screens.

4

The internet is an incredibly diverse medium that offers a multitude of engaging content. Online quizzes, for instance, actively engage viewers, requiring quick thinking, problem-solving and memory skills. For older individuals, this content provides an enjoyable way to exercise their cognitive abilities. The idea that enjoying a thought-provoking video would somehow result in reduced brain matter is preposterous. If anything, browsing the internet offers a brief respite from the stresses of daily life, allowing us to recharge our batteries and rejuvenate our brains. In an increasingly hectic world, the ability to switch off and immerse oneself in captivating content is a true gift.

5

The internet has become a ubiquitous part of our modern lives, and while it offers entertainment and relaxation, it is important to do it in moderation. Certain behaviours linked to extensive browsing are major contributors to a sedentary lifestyle, which is associated with not only obesity but also cardiovascular diseases. Additionally, extended periods of screen time can lead to poor posture and disrupted sleep patterns, both of which seem evident if we consider the opportunity cost mentioned in the article. Time spent browsing takes away from engaging in more physically active pursuits that would promote a more active cognitive engagement and better sleep.

6

I’ve always believed in the power of storytelling, whether it’s on the silver screen or through online streaming. However, what we watch truly matters. Not all content is created equal. We’re living in a golden age of the internet, with a diverse array of content that spans from thought-provoking videos and educational documentaries to less profound programmes such as reality shows. That being said, I can see why the findings might be raising some eyebrows. The idea of reduced grey matter volume is scary. However, it’s important to consider factors like the types of shows being watched, the viewer’s lifestyle, and even their engagement in other activities.