

Intermediate Reading

Positive and Negative Points

Session 9

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Positive points

There's nothing like sitting down with a good book. While the hobby is plenty entertaining, scientists and doctors have observed several positive effects from reading. Books inspire creativity, critical thinking, increase empathy, and offer plenty of other incentives to go and enjoy some word power. Read on (pun unintended) for five benefits everyone can enjoy from books!

1. READING ALLOWS US TO EXPERIENCE MORE SENSATIONS

In a study conducted at Emory University, reading increases the activity in the brain's central sulcus, which controls our motor skills. If we read a passage where a character is walking along a path, the activity from the neurons in this area make us feel as though we're experiencing the walk ourselves. Then, there's [grounded cognition](#); a concept that proves that reading actually puts you in someone else's shoes through the brain's biology.

2. IT MAKES US MORE EMPATHETIC

Literary fiction readers have a higher ability to empathize with other's emotions and thoughts than those who read mainly nonfiction. In other words, fiction readers can be more empathetic, and have an easier time seeing a situation from various perspectives, just by reading about their favorite characters.

3. BOOKS PROVIDE PLENTY OF MENTAL STIMULATION

Mentally stimulating your brain on a regular basis can help [slow down Alzheimer's and Dementia](#). It's like physical exercise; the more you move the better shape you're in. For your brain to stay healthy and alert, it needs exercise. Reading (along with puzzles and certain games) keeps your activity levels high and your [brain power nice and strong](#).

4. WE BECOME LESS STRESSED WHEN WE READ REGULARLY

When you make a habit of reading, it's easier for your brain to relax and temporarily transport itself to another world. A good book can daily stressors evaporate, put you in your character's shoes, and keep you focused on the words you're reading. If you're looking for an easy way to relax and destress, try to make a habit out of reading more often.

5. READING CAN IMPROVE OUR MEMORY

When you read, you're [engaging more than a few brain functions](#), such as phonemic awareness, visual and auditory processes, comprehension, fluency, and more. Reading jolts your brain into action, [maintains concentration](#), and allows your mind to process the events happening before you. The more you read and engage that part of your brain, the easier it is to keep your memory strong.

Disadvantage: Reading books is such a boring activity

For people who are avid readers, reading books is definitely a relaxing activity but for those who do not like reading at all, they consider it as a boring pastime. Reading books, for them, is intended only for school or work purposes; they do not really enjoy doing it. Most of the time, those who hate reading books only do it for the sake of passing book reports and literary analyses. Instead of reading books, they'd rather be on the fields playing or at home facing the computer browsing the Internet for stuff. Reading has never been appealing to them.

Disadvantage: Reading books wastes time

Time is gold; that's what people who hate books always say. Instead of reading books, they have a lot of things that needed to be done first. Reading books is a time waster, that's what they say; they do not have enough time to sit whole day and concentrate on books because there are

a lot of stuff that should be done. And with many books being adapted into TV series or movies, they would rather sit for an hour or two to watch them rather than read the book. Reading really takes time, not unless you are the fastest reader on earth, and that's one of the reasons why some people avoid books.

10 DREADFUL THINGS THAT WILL HAPPEN IF YOU READ TOO MUCH

21st May 2016 by C.G. @ Paper Fury 253 Comments

The bookworm life is fraught with peril. Anyone who denies this fact is either **a)** not deep enough into the dark jungle that is bookworm culture, or **b)** in denial, or **c)** trying not to scare you away. But will I cushion the hard, cold truth for you? NO, I SHALL NOT. I am here to give you FACTS and tell you how it IS and warn you of aaaall the dreadful things that are likely to happen if you read too much.

“What do you define as ‘too much’, Cait?” you ask.

Which is an excellent question so my lordliness will allow it. According to the internet, the average person (I think this is actually an American statistic, tbh) reads 6 books a year. So if you're reading, like, even just 7 books a year — YOU ARE AT GRAVE RISK.

1. YOU DEVELOP A TERRIBLE HABIT OF THINKING.

The unfortunate part of submitting your little grey brain to tons of author's ideas is — you'll think about them. IT'S REALLY RATHER HORRID IF YOU COME TO CONSIDER THIS DASTARDLY

PHENOMENON. **People who think too much always die.** They do. Look at history. Tons of marvellous, innovative thinkers who changed the world. And where are they now? DEAD.

Plus thinking too much is rather stressful because you notice people who *don't think* and it bothers you a lot. You can't stand people who don't think for themselves. You end up throwing books at them and — GASP — risk damaging books. (Maybe risk damaging people? But let's face it, that's not a really worrisome issue.)

2. YOU ARE DEVELOP A HORRIBLE HABIT OF HAVING OPINIONS.

This is directly related to thinking too much. Don't do it. No one is kind to those who have copious opinions on all the things. I mean, how dare you really.

3. BOOKS OFTEN CRUELLY TRICK YOU INTO BEING PASSIONATE ABOUT EVERYDAY ISSUES.

If you are a perceiving of bookworm, you'll notice how books often subtle critique society in the form of an exciting fantasy story. So you might be reading along, enjoying a dragon eating a village or girl kissing a frog ... and then suddenly — BOOM — you've been knocked in the teeth by *real feelings* about *real issues*. Discrimination. Sexism. Normalising violence. Wars and genocide. Slavery. Plagues. Illness.

BOOKS WILL MAKE YOU THINK ABOUT DEEP ISSUES WHETHER YOU ASKED FOR IT OR NOT. #rude

4. BOOKS COMPROMISE YOUR SAFETY AND GENERAL HEALTH

This is a rather obvious one, but it bears saying copiously. Because you know that harmless looking to-be-read pile you have? HAHAAH. NO. It's most likely plotting your demise. And even if it's not gotten to the animated state yet (it will), then you're still at risk from the mountains of unread books just spontaneously falling on your head.

Bookshelves could topple in the night. You could get a papercut. You could drop a book on your foot. You could try to lie on your bed only to realise it's covered in books and therefore get a backache.

Books are BAD for general health.

5. TBRS GROW WITHOUT PERMISSION.

Have you ever seen ONE book? No. Books do not live solo. They are pack creatures and they specifically go around hunting for more of their kind to join them. WORSE: they force us into helping this pack-mentality.

At first you're like, "Well it's a series, so I really ought to buy the entire set." And it's all fun and games. And then — BOOM — 2 years later you have 500 books and MORE BANGING AT YOUR DOOR SCREAMING TO BE LET IN.

6. YOU WILL WILL ALMOST ENTIRELY DEFINITELY LOSE SLEEP.

“One more chapter?” the book whispers deviously. You give in. You are in its clutches till 2am.

And even staying up late aside, what about those times the book just gets into your brain and you can't stop *thinking* about it? And you end up thinking about it FOR DAYS AND NIGHTS AND YOU DON'T SLEEP ANYMORE BECAUSE YOU'RE THINKING ABOUT THIS LIFE DESTROYING BOOK.

7. ALL OF YOUR FRIENDS WILL DIE

Your fictional friends, definitely. No bookworm can stand before me without battle wounds and emotional scars from losing a BFF (best fictional friend).

But also your actual-flesh-and-blood friends? They'll probably die too. OF NEGLECT. Because of the 9383 times you said “You know, Marge, I'd really love to have coffee with you, but there's this book I have to finish...” Whilst poor Marge withers and dies with no coffee. #PoorMarge

8. YOU WILL MAKE BAD LIFE DECISIONS WITH YOUR MONEY.

At first it's simple things like *“I don't need that \$30 shirt when I could buy that \$30 book...I mean, I already have one shirt? How many more do I need?”*

Then suddenly it's all *“I DON'T NEED A HOUSE. I CAN JUST LIVE IN A BOOK IGLOO.”*

Some people find themselves even sacrificing *food money* to use it for more books. I would like to inform you that I wouldn't fall to this. You need cake to survive, people.

9. YOU WILL HAVE A LIFE CRISIS OVER SMALL BUT HIGHLY STRESSFUL THINGS.

For instance:

- Whether your series are matching.
- Should eat and read? Because food = yum. But potentially getting crumbs on your book = no.
- Ebook vs physical?
- Can you still socialise with people who dog-ear books or must you kill them and bury their body under the full moon of the autumn equinox?
- Can you buy that bag? Is it big enough for books?
- If you go to an author signing, how do you function? Do you take flashcards to remember WHAT WORDS ARE?
- What do you do when your bookshelves are full?
- How tall can you stack your TBR before you risk Eiffel Tower height?

The stress levels of the bookworm life are astronomically dreadful.

10. YOU WILL UNDOUBTEDLY FALL IN LOVE WITH PEOPLE AND PLACES THAT DON'T EXIST AND THIS THE MOST DREADFUL OF THEM ALL.

I mean, raise your hand if you TRULY have never wanted to go to Hogwarts? Or Narnia? Or Wonderland? Or Neverland? Or Willy Wonka's chocolate factory?? BECAUSE I CAN SEE THE WANTING IN YOUR EYES.

And how about the terrible, horrible moment when you relate to a character *so so much* that you either want to be their best friend, marry them, or adopt them (or all three, like, simultaneously) only to be punched in the feels with the realisation that THEY'RE NOT REAL, KATNISS. NONE OF THIS IS REAL.

HOWEVER! NO MATTER HOW AWFUL AND DREADFUL THESE THINGS ARE... YOU CAN DEFINITELY AVOID THEM.

Just don't read too much! Simple! Be very careful about how many books you read and try not to be too emotional. Probably be a Vulcan. Take up another hobby too, like crocheting winter mittens for sharks. That'll be best.

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