

# Mastering TOPIK II: The Formula for Explaining 'Why'

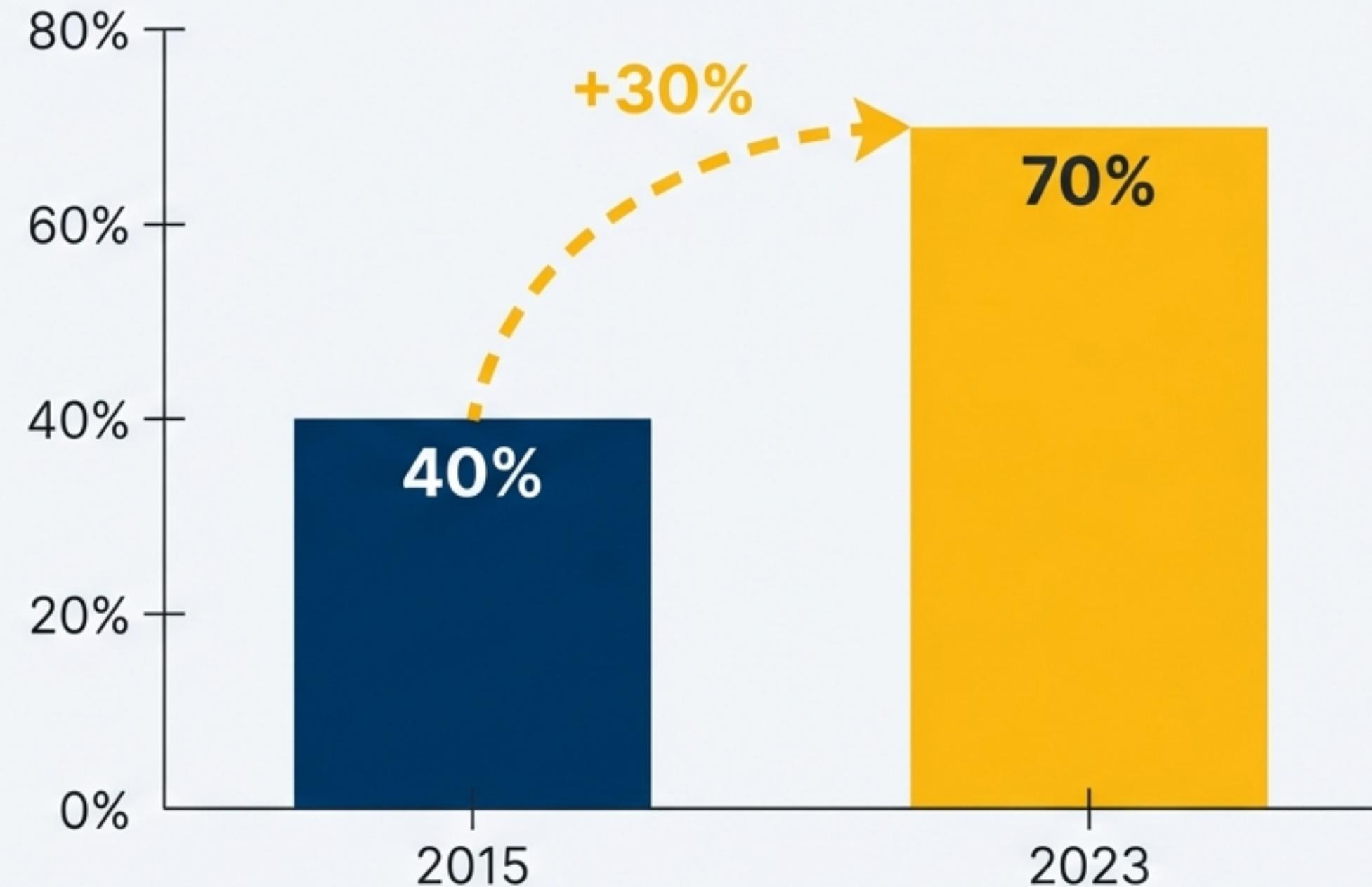
A Strategic Guide to Writing Task 53  
on Health & Lifestyle

# The Objective: Deconstructing TOPIK II Writing Task 53 using Pretandard Bold

**The Task:** Analyze the data and explain the primary cause for the change.

**The Stated Cause:** 건강에 대한 관심  
(Interest in Health)

정기 건강 검진 비율 변화



# Our Strategic Blueprint

To construct the perfect answer, we will master three core elements:

1



**The Components:** Essential vocabulary for discussing health and causality.

2



**The Logic:** Key grammar for connecting ideas and explaining reasons.

3



**The Assembly:** The step-by-step formula for writing the final response.

# The Components: Core Vocabulary (Eohwi)

건강	(Geon-gang)	Health
운동하다	(Un-dong-ha-da)	To exercise
규칙적이다	(Gyu-chik-jeok-i-da)	To be regular / consistent
스트레스를 받다	(Seu-teu-re-seu-reul bat-da)	To get stressed
원인	(Won-in)	Cause / Reason
결과	(Gyeol-gwa)	Result
검진	(Geom-jin)	Medical Check-up

# The Logic, Part 1: Describing Tendencies with '～는 편이다'



## Grammar Point:

～는 편이다

(～neun pyeon-i-da)

## Meaning:

Tend to... / On the side of...

## Usage:

Ideal for describing a person's general habits or patterns.

## Example Sentence:

저는 매일 운동하는 편이에요.

(Jeo-neun mae-il un-dong-ha-neun **pyeon-i-e-yo.**)

*Translation: I tend to exercise every day.*

## The Logic, Part 2: Explaining Strong Reasons with `~기 때문에`



Grammar Point:

~기 때문에

(~gi ttae-mun-e)

Meaning:

Because of... / Since...

Usage:

Used to state a clear, strong reason for a result. This is essential for explaining the \*why\* in Task 53.

Example Sentence:

운동을 안 하**기 때문에** 건강이 나빠졌다.

(Un-dong-eul an ha-**gi ttae-mun-e** geon-gang-i na-ppa-jyeot-da.)

*Translation: Because I don't exercise, my health got worse.*

## Seeing the Blueprint in Action: Reading Practice (Ilggi)

현대인들은 **바쁘기 때문에** 운동할 시간이 부족합니다.  
그래서 건강 보조 식품을 먹는 사람이 증가하고 있습니다.  
하지만 **규칙적인 운동**이 가장 중요합니다.

Modern people lack time to exercise **because** they are busy. Therefore, the number of people taking health supplements is increasing. However, **regular exercise** is the most important.

## 정기 건강 검진 비율 변화



**Cause:** 건강에 대한 관심 (Interest in Health)

# The Assembly: Applying the Magic Formula

We will now construct the model answer using a precise, three-step formula.

# 1

## Formula Step 1: Introduce the Survey

Begin by stating the source and topic of the data. This sets the context for your analysis.

Model Sentence:

**보건소에서 정기 건강 검진 비율에 대해 조사하였다.**

(Bo-geon-so-e-seo jeong-gi geon-gang geom-jin bi-yul-e  
dae-hae jo-sa-ha-yeot-da.)

*Translation: The Public Health Center conducted a survey on  
the rate of regular health check-ups.*

# 2

## Formula Step 2: Describe the Main Change

Objectively state the key result shown in the data. Use precise numbers and directional words.

Model Sentence:

결과를 살펴보면, 2015년 40%에서 2023년 70%로 크게 증가하였다.

(Gyeol-gwa-reul sal-pyeo-bo-myeon, 2015-nyeon 40%-e-seo  
2023-nyeon 70%-ro keu-ge jeung-ga-ha-yeot-da.)

*Translation: Looking at the results, it significantly increased from 40% in 2015 to 70% in 2023.*



Key Structure: `~에서 ~으로 증가하였다` (increased from ~ to ~)

# 3

## Formula Step 3: Explain the Cause

State the reason for the change, connecting it directly to the grammar for expressing cause.

Model Sentence:

그 원인은 건강에 대한 관심이 높아졌기 때문이다.

(Geu **won-in**-eun geon-gang-e dae-han gwan-sim-i  
no-pa-jyeot-**gi ttae-mun-i-da**.)

*Translation: The reason is because interest in health has increased.*

# The TOPIK 53 Blueprint: A Summary

## Step 1: Introduction

Korean Template: "[기관]에서 [주제]에 대해 조사하였다."

English Guide: "(Survey was conducted on '[Topic]' at '[Institution]')."

## Step 2: Data Description

Korean Template: "[기간] [수치]에서 [기간] [수치]로 증가/감소하였다."

English Guide: (It increased/decreased from '[Number]' in '[Period]' to '[Number]' in '[Period]')."

## Step 3: Cause Explanation

Korean Template: "그 원인은 [이유] ~기 때문이다."

English Guide: (The reason is because '[Reason]').)

You now have the formula. Practice it to achieve mastery.