10 PARAPHRASING AND SUMARIZING

Dalam soal-soal terbaru, pertanyaan berupa *'restatement'* dan *'summary'* semakin sering dimunculkan. Pertanyaan jenis ini menuntut kemampuan menangkap inti teks dan menyimpulkan inti dari kalimat atau teks, kemudian menyatakannya kembali dengan menggunakan struktur bahasa dan pilihan kata yang berbeda. Dengan demikian, penguasaan kosakata sangat penting.

Karakteristik Pertanyaan Parafrasa dan Ringkasan

- **Parafrasa** adalah mengambil pendapat/gagasan dari tulisan orang lain dan ditulis ulang dalam sajian bahasa yang berbeda.
- **Ringkasan** adalah mengambil inti sari dari pendapat orang lain yang disajikan dalam bentuk yang sangat singkat. Yang perlu diingat adalah kita tidak boleh mengubah inti/kandungan dari kalimat atau teks.

Tipikal pertanyaan yang digunakan, antara lain:

1. *Which of the following best restates....*
2. *Another way of saying.... is that....*
3. *The sentence '.....' could possibly be restated as....*
4. *The best summary for the passage is ...*
5. *The best summary for both passages is ...*

Strategi Menentukan Parafrasa dan Ringkasan

Berikut adalah cara untuk menentukan *paraphrase/restatement* dan ringkasan/*summary*:

1. Pilihan jawaban yang benar seringkali menggunakan kosakata yang berbeda, khususnya pada kata kuncinya. Jawaban pengecoh seringkali menggunakan kosakata yang sama dalam teks namun konteks makna kalimat tidak sesuai.
2. Struktur kalimat kadang kala diubah: Aktif → Pasif atau sebaliknya; Pasif → Aktif.
3. Inti dari kalimat atau teks tidak boleh berubah.
4. Lihat pilihan jawaban yang tersedia, kemudian korelasikan dengan kalimat/teksnya. Dibutuhkan kejelian dan ketelitian karena jawaban pengecoh seringkali dibuat sangat mirip.

Example:

Original : Giraffes like Acacia leaves and hay, and they can consume 75 pounds of food a day.

Paraphrase : A giraffe can eat up to 75 pounds of Acacia leaves and hay daily.

Original : Symptoms of influenza include fever and nasal congestion.

Paraphrase : A stuffy nose and elevated temperature are signs you may have the flu.

CONTOH SOAL

The following text is for question number 1.

In the 1990s researchers announced a series of discoveries that would upend a bedrock tenet of neuroscience. For decades the mature brain was understood to be incapable of growing new neurons. Once an individual reached adulthood, the thinking went, and the brain began losing neurons rather than gaining them. But evidence was building that the adult brain could generate new neurons. In one particularly striking experiment with mice, scientists found that simply running on a wheel led to the birth of new neurons in the hippocampus, a brain structure that is associated with memory. Since then, other studies have established that exercise also has positive effects on the brains of humans, especially as we age, and that it may even help reduce the risk of Alzheimer's disease and other neurodegenerative conditions. But the research raised a key question: Why does exercise affect the brain at all?

Physical activity improves the function of many organ systems in the body, but the effects are usually linked to better athletic performance. For example, when you walk or run, your muscles demand more oxygen, and over time your cardiovascular system responds by increasing the size of the heart and building new blood vessels. The cardiovascular changes are primarily a response to the physical challenges