

The phenomenon of cognitive dissonance, first articulated by Leon Festinger in the mid-20th century, remains a cornerstone of social psychology. It describes the psychological discomfort experienced by an individual who holds two or more contradictory beliefs, ideas, or values at the same time. This internal inconsistency is not merely a passive state; it acts as a powerful motivational force, compelling the individual to engage in "dissonance reduction" to restore a sense of psychological equilibrium. Typically, when faced with a clash between a deeply held conviction and new, conflicting evidence, the human mind does not prioritize objective truth. Instead, it often resorts to sophisticated defense mechanisms, such as rationalization or the outright dismissal of the new information, to protect the ego from the "stinging" sensation of being wrong. Experts in the field argue that this process is largely subconscious. Dr. Aronson, a prominent figure in dissonance research, posits that the intensity of the discomfort is directly proportional to the importance of the belief to the individual's self-concept. In his view, "the human brain is not a rational instrument, but a rationalizing one." When a person's sense of integrity is threatened by their own behavior—such as a health-conscious individual who continues to smoke—the mind weaves a complex narrative to bridge the gap. They might downplay the risks or focus on anecdotal evidence of "long-lived smokers" to soothe the mental friction. Understanding this mechanism is crucial for grasping why logical arguments often fail to change minds in polarized social or political landscapes, as the preservation of internal harmony frequently supersedes the acceptance of empirical reality.

Questions

1. It can be inferred from the passage that cognitive dissonance -----

- A) is a rare psychological condition found only in certain personality types.
- B) occurs primarily when an individual is indifferent to their own beliefs.
- C) triggers a proactive mental effort to align conflicting internal thoughts.
- D) always leads an individual to accept objective truths over personal ego.
- E) was a term coined by Dr. Aronson to explain the problem solving process.

to restore

how
the way

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2. We can infer from the passage that ----.

- A) people are more likely to invent excuses than to admit a logical flaw.
- B) the brain's primary function is to store empirical data accurately.
- C) humans are inherently logical beings who seek truth above all else. X
- D) psychological discomfort is only felt by those with a weak self-concept. X
- E) rationalization is a conscious choice made by highly intelligent individuals. X

fabricate
make up
excuse

resort to
turn to } use

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3. According to the text, what happens when a person's core self-concept is threatened by their own actions?

- A) They immediately change their behavior to match their values.
- B) They experience a complete loss of psychological equilibrium forever.
- C) The brain stops functioning as a "rationalizing instrument."
- D) The intensity of the psychological discomfort increases significantly.
- E) They seek professional help from experts like Leon Festinger.

-ly
proportional to

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4. According to the passage, "dissonance reduction" is used to -----.
- A) enhance the stinging sensation of being wrong.
 - B) eliminate the need for any belief system.
 - C) create more contradictions within the individual's mind.
 - D) prove that anecdotal evidence is superior to scientific data.
 - E) regain a state of internal mental balance.

to restore

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5. What is the author's primary purpose in writing this passage?

- A) To criticize the work of Leon Festinger and Dr. Aronson.
- B) To explain the psychological mechanics behind internal belief conflicts.
- C) To encourage smokers to quit by explaining health risks.
- D) To argue that objective truth is the only way to achieve mental peace.
- E) To provide a historical timeline of 20th-century social psychology.

6. Which of the following is the best title for the passage?

- A) A Brief History of Cognitive Dissonance
- B) Dr. Aronson's Guide to Logical Thinking
- C) Cognitive Dissonance: The Mind's Struggle for Consistency
- D) The End of Empirical Reality Due to Cognitive Dissonance in Modern Politics
- E) A Glimpse at Cognitive Dissonance: Pros and Cons

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outweigh

exceed / overtake / surpass
precede

7. The word "**supersedes**" in the final sentence is closest in meaning to ----.

A) ignores —

B) reinforces ++

C) precedes have priority over sth /sb

D) overrides — disable / deactivate / annul

E) undermines —

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8. Which of the following best describes the tone of Dr. Aronson as presented in the text?

- A) Apprehensive and worried
- B) Dismissive and arrogant
- C) Analytical and assertive
- D) Uncertain and hesitant
- E) Overly emotional and biased

9. The passage is mainly about ----.

- A) the physical dangers of smoking and defense mechanisms.
- B) how the human mind handles contradictions to maintain internal harmony.
- C) the biographical details of famous mid-20th-century psychologists.
- D) the superiority of rational thought over emotional rationalization.
- E) the impact of political polarization on individual mental health.

Metin Çevirisi: Bilişsel Çelişkinin Mimarisi

coined

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İlk kez 20. yüzyılın ortalarında Leon Festinger tarafından dile getirilen bilişsel çelişki fenomeni, sosyal psikolojinin temel taşlarından biri olmaya devam etmektedir. Bu fenomen, bir bireyin aynı anda iki veya daha fazla çelişkili inanç, fikir veya değere sahip olduğunda yaşadığı psikolojik rahatsızlığı tanımlar. Bu içsel tutarsızlık sadece pasif bir durum değildir; bireyi psikolojik bir dengeyi yeniden kurmak için "çelişkiyi azaltma" çabasına girmeye zorlayan güçlü bir motivasyonel güç olarak hareket eder. Genellikle, derinden benimsenmiş bir inanç ile yeni ve çelişkili bir kanıt arasındaki çatışmayla karşılaşıldığında, insan zihni nesnel gerçeğe öncelik vermez. Bunun yerine, egoyu hatalı olmanın "sancılı" hissinden korumak için rasyonalizasyon (mantığa büründürme) veya yeni bilgiyi tamamen reddetme gibi karmaşık savunma mekanizmalarına başvurur.

Alandaki uzmanlar bu sürecin büyük ölçüde bilinçaltında gerçekleştiğini savunmaktadır. Çelişki araştırmalarında önde gelen bir figür olan Dr. Aronson, rahatsızlığın şiddetinin, inancın bireyin özbenlik kavramı (self-concept) için taşıdığı önemle doğru orantılı olduğunu ileri sürer. Onun görüşüne göre, "insan beyni rasyonel bir araç değil, rasyonalize eden (mantığa uyduran) bir araçtır." Bir kişinin dürüstlük veya bütünlük algısı kendi davranışları tarafından tehdit edildiğinde —örneğin sigara içmeye devam eden sağlık bilincine sahip bir birey gibi— zihin bu boşluğu kapatmak için karmaşık bir anlatı örer. Bu kişiler, zihinsel sürtünmeyi yatıştırmak için riskleri küçümseyebilir veya "uzun yaşayan sigara tiryakileri" gibi bilimsel olmayan kanıtlara odaklanabilirler. Bu mekanizmayı anlamak, kutuplaşmış sosyal veya politik manzaralarda mantıklı argümanların neden zihinleri değiştirmekte sıklıkla başarısız olduğunu kavramak için çok önemlidir; zira içsel uyumun korunması, genellikle ampirik (deneye dayalı) gerçekliğin kabul edilmesinden önce gelir.

weave: örnek / dokunmak

anecdotal

Answer Key & Detailed Explanations**Answer Key**

1. C | 2. A | 3. D | 4. E | 5. B | 6. C | 7. D | 8. C | 9. B

1. C (Inference / Çıkarım)

- **Neden C?** Metinde bu durumun "pasif bir durum olmadığı" ve bireyi dengeyi kurmak için "çaba harcamaya zorladığı" (compelling the individual to engage...) belirtiliyor. Dolayısıyla zihnin aktif bir çaba (proactive effort) içine girdiği çıkarılabilir.

2. A (Inference / Çıkarım)

- **Neden A?** Dr. Aronson beynin rasyonel (mantıklı) değil, rasyonalize eden (bahaneler bulan) bir araç olduğunu söylüyor. Bu da insanların hatayı kabul etmek yerine bahane uydurmaya (inventing excuses) daha meyilli olduğunu gösterir.

3. D (Direct Information / Net Bilgi)

- **Neden D?** Metnin ikinci paragrafında Dr. Aronson, rahatsızlığın şiddetinin inancın "özbenlik kavramı" (self-concept) için taşıdığı önemle "doğru orantılı" (directly proportional) olduğunu açıkça belirtiyor.

4. E (Direct Information / Net Bilgi)

- **Neden E?** Metin, çelişkiyi azaltma (dissonance reduction) eyleminin "psikolojik dengeyi yeniden kurmak" (restore a sense of psychological equilibrium) için yapıldığını ifade ediyor.

5. B (Author's Purpose / Yazarın Amacı)

- **Neden B?** Metnin geneli bilişsel çelişkinin ne olduğunu, nasıl işlediğini ve zihnin bu durumla nasıl başa çıktığını açıklamayı amaçlıyor.

6. C (Best Title / En İyi Başlık)

- **Neden C?** Parçanın ana konusu "Cognitive Dissonance" ve zihnin tutarlılık sağlama çabasıdır. Bu şık parçayı bütünüyle kapsar.

7. D (Vocabulary / Kelime Bilgisi)

- **Neden D?** "Supersede" kelimesi "yerini almak, önüne geçmek, geçersiz kılmak" demektir. Metinde içsel uyumun korunmasının, gerçekliğin kabul edilmesinden daha önemli hale geldiği (önüne geçtiği/override) anlatılmaktadır.

8. C (Tone / Ton)

- **Neden C?** Dr. Aronson bir uzman olarak net, tanımlayıcı ve bilimsel bir iddia ortaya koymaktadır. "Analytical" (çözümleyici) ve "Assertive" (iddialı/kendinden emin) bu durumu en iyi tanımlayan sıfatlardır.

9. B (Main Subject / Ana Konu)

- **Neden B?** Parça, insanların içsel çelişkileri nasıl yönettiği ve zihinsel uyumu nasıl sağladığı üzerinedir.

