Chapter 11

Adolescence:
Physical and Cognitive Development

INTRODUCTION

In adolescence, one’s biological, social, and moral foundations all go through rapid changes. The complete transition to physical and reproductive maturity occurs, with accompanying adjustments in identity, social interactions, cognitive abilities, and moral values. The following areas are specifically examined in Chapter 11:

• Puberty. The physical development and maturity issues that accompany the adolescent growth spurt for both boys and girls are presented. The implications of growth variations and sexual maturation on adolescent personality and behavior are also discussed.

• Health issues. The effects of smoking, drugs, alcohol, STIs, and stress are examined.

• The development of identities and self-concepts. Adolescence is a time of egocentricity and needing to be like others. Anyone who is perceived as “different” may have difficult experiences. Within this context, the development of individual differences in identity, the impact of the timing of maturation, the nature of obesity, and the body-image disorders of anorexia and bulimia are examined. Some recent studies are presented which suggest that girls emerge from adolescence with a poorer self-image than boys.

• Cognitive development. By older adolescence, most teenagers acquire the ability for logical reasoning and abstract thought, known as the period of formal operations.

• Moral development. During adolescent transition, most teenagers also attain Kohlberg’s postconventional stage of morality. Their political thinking becomes more abstract and idealistic.
LEARNING OBJECTIVES

After completing Chapter 11, you should be able to:

1. Explain the role of the pituitary gland and gonadotropic system in activating growth-stimulating hormones leading to sexual maturation.

2. Describe how one’s cognitive processes are affected by these biological changes.

3. Describe recent theories addressing why large numbers of young women in their early teens are becoming pregnant or having babies.
   
   ethological (sociobiological) theory (Belsky, Steinberg, & Draper)
   
   alternative theory (Maccoby)
   
   sociological theory (Anderson)

4. Explain what is meant by the adolescent growth spurt and asynchrony.
5. Describe the changes that accompany the maturity of the female reproductive system, including *menarche*.

9 to 10 years old

12 to 13 years old

12 to 13 months later

self-image

6. Describe the changes that accompany the maturity of the male reproductive system.

11 to 11.5 years old

13 to 14 years old

14 to 15 years old

15 to 18 years old

7. Discuss the research findings on the timing of maturation and its effects on self-image and behavior of boys.

early maturation

late maturation

8. Discuss the research findings on the timing of maturation and its effects on self-image and behavior of girls.

early maturation

late maturation
9. Explain why a teenager’s physical appearance is related to popularity and gender-related expectations.

10. Describe the following factors that relate to obesity.
    - demographic data
    - causes of obesity
    - consequences of dieting
    - long-term health effects
    - long-term social consequences
    - social prejudice and discrimination

11. Describe the reasons for and demographics of adolescent risky behaviors.
    - smoking
    - alcohol and drugs
    - STIs
    - HIV/AIDS
    - teen pregnancy
    - body art/tattooing
12. Complete the following information about anorexia and bulimia.

   describe anorexia and the person’s self-perception
   cite reasons why anorexia occurs
   describe personality characteristics associated with anorexia
   describe bulimia and the person’s self-perception
   cite reasons why bulimia occurs
   describe personality characteristics associated with bulimia

13. Describe why Piaget called adolescence the *period of formal operations*. Cite some contradictory views.

14. Cite some findings from the University of Chicago study (1984) on mood swings, including the following concepts.

   mood swings
   time with family
   sibling conflicts
   solitude
   sports and hobbies
15. Define what is meant by adolescent egocentrism as proposed by Elkind, including the following concepts

the personal fable

imaginary audience

16. Describe Even Start and discuss its goals.

17. Give reasons why high school seniors in the United States have overall lower science and math scores than students in many other countries.

18. Tell how adolescents’ political thinking develops as they make the transition through adolescence.
WEB SITES

The following Web sites deal with some of the concepts and issues presented in Chapter 11. Additional resources can be found on the text’s Web site at http://www.mhhe.com/crandell8.

Adolescent Health from the American Medical Association

The Female Genital Mutilation Education Project

Monitoring the Future Surveys
http://www.monitoringthefuture.org/

AIDS Prevention Education
http://www.cdc.gov/hiv/pubs/facts.htm

TIMSS International Study Center at Boston College
http://timss.bc.edu/

National Teacher Recruitment Clearinghouse
http://www.rnt.org/channels/clearinghouse/
<table>
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<th>Key Term</th>
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<td>a. adolescent growth spurt</td>
<td>f. imaginary audience</td>
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<td>b. anorexia nervosa</td>
<td>g. menarche</td>
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<td>c. asynchrony</td>
<td>h. obesity</td>
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<td>d. bulimia</td>
<td>i. period of formal operations</td>
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<td>e. egocentrism</td>
<td>j. personal fable</td>
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<td>l. sexually transmitted infections</td>
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1. ____ a lack of awareness that there are viewpoints other than one’s own
2. ____ a romantic imagery in which adolescents tend to view themselves as somehow unique and even heroic—such as destined for unusual fame and fortune
3. ____ an eating disorder characterized by repeated episodes of bingeing, particularly on high-calorie foods, such as candy bars, cakes, pies, and ice cream
4. ____ an eating disorder that primarily affects females, causing some to become obsessed with looking thin and terrified of becoming fat
5. ____ diseases—including gonorrhea, syphilis, chlamydia, and AIDS—transmitted by engaging in sexual intercourse while not using condoms
6. ____ refers to the final and highest stage in the development of cognitive functioning from infancy to adulthood
7. ____ the belief of an adolescent that everyone in the local environment is primarily concerned with the appearance and behavior of the adolescent
8. ____ the excess accumulation of body fat, considered to be an increase of 20 pounds over typical weight for height
9. ____ the first menstrual period
10. ____ the harmful use of drugs or alcohol, lasting over a prolonged period, through which self or others are placed in hazardous situations
11. ____ the period of the life cycle when sexual and reproductive maturation becomes evident
12. ____ the rapid increase in height and weight that occurs during the early adolescent years
13. ____ the term used to describe the dissimilarity in the growth rates of different parts of the body
Multiple Choice

Circle the letter of the response that best completes or answers each of the following statements and questions.

Factual Questions

1. The period of the life cycle when sexual and reproductive maturation becomes evident defines
   a. adolescence  
   b. puberty  
   c. adulthood  
   d. psychological maturation

2. Which gland in the body (also known as the “master gland”) secretes the hormones into the bloodstream that trigger the changes at puberty?
   a. endocrine  
   b. adrenal  
   c. thyroid  
   d. pituitary

3. Which of the following statements is inaccurate about biological changes that influence cognitive development?
   a. Adult brains use twice as much energy as children’s brains.  
   b. From age 11 to 14, metabolic activity falls to the adult level.  
   c. Children experience twice as much deep sleep as adults.  
   d. Unused synapses are depleted.

4. Researchers at the National Institute of Mental Health have found supportive evidence that lower levels of testosterone and higher levels of an adrenal androgen are linked to
   a. feelings of sadness and confusion  
   b. good adjustment behaviors  
   c. behavioral problems, including rebelliousness and fighting  
   d. early menarche

5. Belsky has recently advanced a controversial sociobiological theory suggesting that
   a. some young mothers are responding to an evolutionary pattern to bear children early and often  
   b. boys are more likely to exhibit behavioral problems than girls  
   c. youngsters growing up in affluence are likely to have more children  
   d. girls reared in homes where there is a great deal of emotional stress typically enter puberty later than other girls

6. Which organ(s) almost doubles in weight during adolescence?
   a. brain  
   b. heart  
   c. pituitary gland  
   d. all of these
7. Which of the following statements about the adolescent growth spurt is true?
   a. Boys’ growth spurt occurs about two years earlier than girls’.
   b. Children grow at a rate they last experienced when 2 years old.
   c. It lasts about six months.
   d. By age 16, 98 percent of adolescents reach their final height.

8. During puberty, different parts of the body grow at different rates, sometimes causing awkwardness. This is called
   a. clumsiness
   b. adolescent growth spurt
   c. acceleration
   d. asynchrony

9. The release of a woman’s mature egg, which occurs 12 to 18 months after the first menstruation, is called
   a. menarche
   b. menses
   c. ovulation
   d. fertilization

10. An earlier onset of the first menstruation over the past century in Western nations appears to have resulted from
    a. genetic predispositions
    b. an improvement in overall nutrition
    c. hormone replacement therapy
    d. less strenuous lives for women

11. Menarche can be delayed because of
    a. strenuous physical exercise
    b. a very thin body type with little fat reserve
    c. poor nutrition
    d. all of these

12. American girls’ attitudes toward menarche include all of the following except
    a. it gives girls a sense of identity as women
    b. most girls are happy about their first menses
    c. most girls begin to think about having babies
    d. most girls are concerned about physical discomfort, moodiness, hygiene, and disruption of activities

13. Mature sperm, which can fertilize a woman’s egg, appear in the semen about when?
    a. in the first ejaculate fluid during orgasm
    b. in the first nocturnal emissions called “wet dreams”
    c. in the semen about one year after the first ejaculation
    d. in the semen about a month after the first ejaculation
14. Children show enormous variation in growth and sexual maturation. Some do not begin their growth spurt and development of secondary sexual characteristics until many of their peers have virtually completed these stages. The most logical conclusion that can be arrived at from these facts is
   a. the larger the body frame, the earlier the maturation
   b. there is no “set pattern” that is applicable for all children
   c. good nutrition ensures “on time” physical maturation
   d. females always reach maturation before males

15. Early-maturing adolescent boys tend to
   a. possess feelings of adequacy in comparison with peers
   b. possess feelings of inadequacy in comparison with peers
   c. be born leaders
   d. be more aggressive and rebellious than their peers

16. Early-maturing adolescent girls are more likely to
   a. develop symptoms such as depression
   b. have a negatively affected prestige status
   c. develop eating disorders
   d. all of these

17. Which of the following statements pertaining to adolescent self-image is true?
   a. Teenagers are preoccupied with the issue of who is the most intelligent.
   b. Popularity and peer approval are major issues.
   c. Preteens are more concerned with developing intimate friendships than teenagers.
   d. Concern with weight is not an issue to an adolescent.

18. Female models are 9 percent taller and 16 percent thinner than are average American women. Based on this fact and the studies discussed in the chapter, one can conclude
   a. this is the primary cause of anorexia among adolescent girls
   b. girls’ self-esteem develops more slowly than males
   c. the majority of adolescent females are unhappy with their physical appearance
   d. advertisements present an unrealistic ideal of beauty for females to emulate

19. Obesity is
   a. the second most common eating disorder in the United States
   b. the most common eating disorder in the United States
   c. being 10 pounds over your desired weight
   d. twenty pounds more fat than muscle

20. Obese adults are at greater risk of
   a. diabetes
   b. all cancers
   c. liver disorders
   d. all of these

21. Substance abuse is defined as
   a. beating someone while intoxicated
   b. using drugs for more than three months
   c. prolonged use of drugs that endangers self or others
   d. taking more of a drug than weight/height ratio dictates
22. Sexually active U.S. teens have ________ of the sexually active U.S. population
   a. the lowest rates of gonorrhea, syphilis, and chlamydia
   b. the lowest rates of gonorrhea, syphilis, and AIDS
   c. the highest rates of gonorrhea, syphilis, and chlamydia
   d. the highest rates of gonorrhea, syphilis, and AIDS

23. Although victims of bulimia are typically female, the disorder also manifests itself in males, particularly those who are participating in contact sports. Studies show that a male bulimic would most likely be a
   a. football player
   b. jogger
   c. soccer player
   d. wrestler

24. A common reason for body piercing is
   a. to find one’s true self
   b. to win a bet
   c. to fit in with a group
   d. to commemorate an event

25. Jean Piaget called adolescence the period of formal operations because
   a. adolescents are able to argue persuasively in both formal and informal discussion
   b. adolescents are formally out of the required educational system
   c. adolescents gain the ability to think in logical, abstract terms to solve complex problems
   d. adolescents can think in immediate terms

26. According to Elkind, the two dimensions of egocentrism are
   a. abstract fable and imaginary audience
   b. abstract audience and imaginary fable
   c. personal fable and imaginary audience
   d. personal abstraction and imaginary fable

27. On the basis of information presented in the chapter on adolescent egocentricity, it would be fair to conclude that
   a. most adolescents are not concerned with what their peers think
   b. most adolescents are less self-conscious at this stage
   c. most adolescents believe other people are as admiring or critical of them as they are of themselves
   d. most adolescents are concerned with observing others rather than being observed

28. A finding from Kohlberg’s work on moral development is that
   a. by early adolescence, children are generally more liberal in their outlook
   b. adolescents are often idealistic and think they have to reform the world
   c. adolescents are often unconcerned with the adult world and its issues
   d. moral development in adolescence doesn’t develop in an orderly sequence
Chapter 11  Adolescence: Physical and Cognitive Development

Conceptual Questions

1. You are asked to evaluate the reasons why many adolescent boys are being rebellious, talking back to teachers, and fighting. Based on your knowledge of biology, you suggest
   a. that boys will be boys
   b. that the cause might be low levels of testosterone and high levels of androstenedione
   c. that the cause might be low levels of androstenedione and high levels of testosterone
   d. that the pituitary gland has not caught up with the boys’ psychological changes

2. Jennifer’s home is stressful and unpredictable, and no father is present. She had her first child at 13, her second at 15, and her third at 17. Belsky would argue that
   a. this happened because of a lack of parental supervision
   b. she had no prospect for a job and was poor so decided to have children
   c. she adjusted her reproductive strategies to take into account her precarious situation and began having children early in order to ensure the next generation
   d. her lack of self-actualized identity formation caused her to confuse sex for love and therefore to have children early

3. You enter your daughter’s room and find a pamphlet with the title “STI: The Facts.” You might think
   a. it is about a rock band that she likes
   b. she is part of a new religious cult
   c. she is having sex or thinking about it
   d. it is a new television channel

4. You are asked to draw a graph of all teenage birth rates over the past 30 years. You graph will
   a. show a moderate increase
   b. show a moderate decrease
   c. show no change
   d. show no discernible pattern

5. Your son is disturbed because his nose seems to have grown too large and his feet and hands seem out of proportion to his legs and arms. Your best advice to him would be which of the following?
   a. Don’t worry; your body dimensions aren’t awkward; you’re just being self-conscious and egocentric.
   b. Don’t worry; early maturers like you tend to be more awkward and gangly than late maturers.
   c. Don’t be alarmed; everyone in our family had big feet when they were younger, and we’ll just have bigger feet when we’re older.
   d. Don’t worry; in kids your age the head, hands, and feet complete their growth before the legs, arms, and trunk.

6. Your 11-year-old daughter is concerned because many of her friends have started menstruating, and she hasn’t. Your best response to her would be which of the following?
   a. Don’t be concerned; you’ve already started to grow much taller and heavier, and you’ll soon be a young woman.
   b. The average girl doesn’t have her period until age 13; therefore most of the girls in your class have probably not started yet.
   c. Be happy you haven’t started because menstruating only produces discomfort.
   d. Be glad you’re not menstruating because you’re too young to be a woman.
7. Your 15-year-old daughter is an athlete, exercises strenuously every day, and eats a very lean diet to prepare for competition. She has not started menstruating. She is anxious about this, but your best advice to her would be which of the following?
   a. Let’s get you to the doctor immediately; there’s a possibility that something is wrong.
   b. Don’t worry about it; it is common for menstruation to begin later in female athletes, but I’ll take you for a checkup to be safe.
   c. Don’t worry about it; just start eating more foods with fat.
   d. It doesn’t matter because there’ll be plenty of time for that in the future.

8. Stout physique in girls is linked to
   a. anorexia nervosa
   b. athletic behavior
   c. early menarche
   d. feelings of adequacy

9. As an adult, Jason has been an attention seeker, defies authority, has lost several jobs, and, in general, asserts unconventional adult behavior. We can infer from this description that Jason
   a. was a late maturer and hasn’t made a successful transition from adolescence to adulthood
   b. was an early maturer and hasn’t made a successful transition from adolescence to adulthood
   c. is more likely to have a tall, large physique
   d. is more likely to have a small physique

10. Your adolescent seems to have an obsession with her weight. She has reacted to her small weight gain by going on crash diets and still thinks she is overweight. Which of the following would be the most reasonable, considering that she is 5’3” and 115 pounds?
    a. You should be somewhat concerned because your daughter may be at risk for developing anorexia nervosa.
    b. Ignore the problem because her dieting is a self-conscious effort to deal with her newfound sexuality.
    c. You should advise your daughter to exercise more to burn off excessive calories.
    d. You should advise your daughter that it’s healthy to put on a few pounds at this stage of her life; she has a great personality anyway.

11. Bill was always a heavy child and weighed 280 pounds at his high school graduation. With the assistance of a trained professional, Bill engaged in a vigorous diet and exercise regimen that resulted in a 100-pound weight reduction over a year. Even though he continued his workout regimen faithfully, he could never reduce his weight below 180 pounds. According to Bennett and Gurin,
    a. Joe had no more excess body fat to lose
    b. Joe must have become less stringent with his program
    c. some of Joe’s fat cells had become metabolically “permanent”
    d. Joe had reached the metabolic regulator, or “set point” in his natural body weight

12. Mr. and Mrs. Jones are amazed at how their 14-year-old daughter has suddenly emerged with definitive opinions about the activities at her school. She speaks to them of the pros and cons of the school district’s stand on student discipline, prayer in the schools, dress code, and drug use. From reading this chapter, you can see that young Miss Jones
    a. is asserting her individual identity
    b. is echoing her peer comments from school
    c. has begun to think in logical and abstract terms
    d. has begun to seek adult parallelism from her parents
13. Your adolescent daughter frequently becomes moody, requests to be left alone, and then seems to bounce back from a low mood within a relatively short period of time. Should you be concerned about her mood swings?
   a. Yes, these are warning signs that she is experiencing PMS.
   b. Yes, these mood swings are early warning signs of manic depression.
   c. No, she just needs to keep her mind and hands more active by doing more household chores.
   d. No, these mood swings are a normal part of adolescent life.

14. A boy is presented with the following problem: “All ants that can fly are as big as zebras. This ant can fly. Is this ant as big as a zebra?” He responds by saying, “Yeah, sure.” We can conclude from Piaget’s findings that this boy is
   a. in the period of concrete operations
   b. not paying attention enough to analyze the problem
   c. in the period of formal operations
   d. understanding the question but doesn’t like to respond with a ridiculous answer

15. Your teenage son stands in his closet entrance for a half hour imagining how his friends will admire him if he wears the right name-brand shirt to the school dance. Psychologists would explain this behavior as indicative of
   a. personal fable
   b. imaginary audience
   c. stage of self-centered preoccupation
   d. phenomenon called adolescent attention-seeking

16. Your brother and his teenage daughter are continually getting into disagreements about how his generation has made such a mess of the world. She says that her generation is going to clean up the environment, feed the homeless, and pay back the federal deficit. Your brother doesn’t understand that she
   a. is learning in school that those people who grew up in the sixties and early seventies dropped out of society, and that’s why it’s in such a mess
   b. is naturally concerned with moral values and principles as a part of adolescent idealism
   c. is naturally going to oppose her parents because adolescents shouldn’t trust anyone over 30 years of age
   d. is trying to manipulate him to get what she wants

17. Two students meet at the International Math and Science Achievement Contest. Student A scores a top score in both math and physics. Student B scores about 150 points lower on both tests and attributes this to her part-time employment and the fact that she only has one hour of math per week in school. Student A is most likely from ________ and student B is most likely from ________.
   a. the United States; Brazil
   b. Sweden; the United States
   c. Japan; France
   d. Norway; Sweden
18. You read a paper on punishment written by a student that contains the following: “He was a bad guy and deserved to be punished. The king was right to throw him in the shark pool to show the other people he was not a weak king.” The author of this paper is probably
   a. 8 years old
   b. 15 years old
   c. 20 years old
   d. 32 years old
Essay Questions

1. Discuss the differences between an early and a late maturer that might be taken into account when deciding whether to choose a traditional or an alternative high school.

2. Pat is an adolescent deciding whether to engage in some risky behaviors. Discuss how physical development and cognitive development might affect the decision-making process, what sort of issues will arise for Pat, and how these issues will differ depending on whether Pat is a girl or a boy.

3. Discuss the connections between physical and cognitive changes in adolescence and how the tensions might lead to certain eating disorders.
# ANSWERS FOR SELF-TESTS

**Matching**

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**Multiple Choice**

**Factual**

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**Conceptual**

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