

英 語

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注 意 事 項

1. 「解答始め」の合図があるまでこの冊子は開かないこと。
2. この冊子は9ページである。
3. 「解答始め」の合図があったら、まず、黒板に掲示又は板書してある問題冊子ページ数・解答用紙枚数・下書き用紙枚数が、自分に配付された数と合っているか確認し、もし数が合わない場合は手を高く挙げ申し出ること。次に、解答用紙をミシン目に沿って落ちていて丁寧に別々に切り離し、学部名・受験番号・氏名を必ずすべての解答用紙の指定された箇所に記入してから、解答を始めること。
4. 解答は、必ず解答用紙の指定された箇所に記入すること。

1

次の英文を読み、設問に答えなさい。

A famous survey conducted in 2004 showed that our social networks are decreasing dramatically. In fact, the #1 reason people are (A) therapy is loneliness. The New York Times calls it an “epidemic of loneliness.” And yet loneliness has powerful repercussions, including earlier mortality.

Those often-repeated statistics hide something important: the simple fact that animals are often the ones healing the wounds of loneliness in our society. Pets are often lifelines — fulfilling not just the need for company, not just the need to be loved, but our own profound need to love. Of course ⁽¹⁾ this applies not just to people without other people. So many of us who have plenty of human companionship also feel a special bond with a pet.

Such feelings are real and appropriate. Research shows that just looking into the eyes of your pet can lower your heart rate. Their presence alone is enough to calm you down, to give you warmth, to let you feel loved and soothed. One wonderful example is companion dogs trained to recognize an oncoming panic attack who help veterans in their struggles with anxiety. Equine-facilitated therapy (therapy using horses) is doing wonders for troubled teens and suffering adults. Companion animals help all kinds of individuals with special needs — providing care that we humans can't or won't give one another. More and more people — with or without anxiety or special needs — are feeling the need for “emotional support animals.” Close encounters with animals soothe us.

Despite the power of animals to benefit mental health, we use language like “stop acting like an animal” — ⁽²⁾ as if animals were somehow beneath us. Such language is scientifically inaccurate.

No other animal destroys its environment as we do. In fact, in their natural state, each creature contributes to the overall ecosystem, helping maintain balance on the planet. The only time you see a species destroying the environment is if a foreign species has been introduced and becomes invasive, creating an ecological imbalance. So the real question is: Do we continue to take part in the human destruction? Or do we start acting

like other animals and create balance?

We often think of animals as dangerous. But if you look at the most dangerous animals on the planet, those that take human lives — the ones we fear most, the sharks, wolves and bears — they are nowhere near the top of the list. At the very top is the human being, ahead of even the disease-carrying mosquitos.

Why is it that we don't think of other animals as equal to us? Why is it that we consider it animals' duty to feed or serve us in some way? Why is it that we find sport in killing them? One reason may be that we consider animals to be "base." We couldn't be more wrong.

If you really look at the psychology of animals, you see that they don't crave more than they need, they don't take more than they require, and they don't destroy anything unnecessarily out of greed. In fact, they don't reflect our basest instincts so much as our ⁽³⁾finest qualities.

If you have had pets in your life, you know that each animal has its very own distinct personality, and an immense capacity for love and gentleness. Protective, caring, playful, sad, angry — all of the emotions we see play out in ourselves we also see in our animals.

(Seppälä, Emma M. (2017, July 11). How Animals Heal Us and Teach Us: On the Healing Power of Pets. Retrieved from <https://www.psychologytoday.com/blog/feeling-it/201707/how-animals-heal-us-and-teach-us>)

(注) #1 : ナンバーワン epidemic : (病気などの)流行
repercussion : 影響, 余波 mortality : 死 statistics : 統計
soothe : 和らげる veteran : 退役軍人
invasive : 侵入する immense : 限らない

設 問

(1) 空欄(A)に入る最も適切な語句を、以下の選択肢から選んで記号で答えなさい。

(ア) pushing in

(イ) pushing out

(ウ) seeking in

(エ) seeking out

(2) 下線部(1)の this が示す内容を具体的に日本語で説明しなさい。

(3) 第3段落の内容の要約として最も適切なものを、以下の選択肢から選んで記号で答えなさい。

(ア) The financial gain we get from being with animals

(イ) The reason why we should not be alone

(ウ) Some benefits of being with animals

(エ) What animals need from human beings

(4) 下線部(2)に関して、人間が動物をどのようにみなしがちであるのかを表す1語を本文中から抜き出しなさい。

(5) 下線部(3)に関して、人間と共通する動物の finest qualities はどのようなものだと書かれているか、日本語で簡潔に説明しなさい。

試験問題は次に続く。

2

次の英文を読み、設問に答えなさい。

Obviously, healthy self-esteem is an extraordinarily important thing to have. You can't achieve any real success in life without it. If you ask a psychologist where it comes from, they will certainly reply that it's formed during early childhood, based on relationships between the kid and their family members, or other people important to the kid. Unfortunately, parents play a big role here. I say "unfortunately" because perfection is something as rare as unicorns in our world (if it's possible at all), and issues that result from our upbringing are often hard to change in adult life. However, you have to remember that healthy self-esteem is not something given to us once and forever! If it's high, it can fall down; if it's small, it can grow, depending on circumstances and what we do in our lives. So if your childhood didn't give you very many positive experiences to enable you to feel good and confident about yourself, know that nothing is lost yet. You can change it, starting today!

It's really hard to build healthy self-esteem just by making the decision to start liking and appreciating yourself and putting in minimal effort. It won't help much to merely repeat affirmations, not least because if you have very low self-esteem, you won't believe in these positive sentences about yourself in your default state of consciousness (although a professional hypnotherapist/psychotherapist might help).

The advice to look in the mirror and tell yourself, "I love you" might really help or even do wonders if your level of self-esteem is at least somewhat healthy, but for people who really hate themselves it could be misguided — such a person might not be able to do that, because of the pain that looking at themselves with a total lack of acceptance involves. It might work in some cases, but do nothing in others.

You also won't be able to build healthy self-esteem based on other people's acceptance, and often it also won't be possible or smart to build it solely on your achievements and social advancements. If, according to you, your value depends on other people's acceptance or on succeeding at something, then you're making your entire self-esteem dependent on external circumstances. In doing so you're just reinforcing

your fear of criticism and failure. When scared, you withdraw — you stop taking action (because you think you might get criticized, rejected etc.) and therefore lower your self-esteem.

Note that typical, intuitive methods of building self-esteem usually lead in the opposite direction than desired, as you are making yourself weaker instead of stronger.

(Excerpted from *Confidence: Your Practical Training: How to Develop Healthy Self Esteem and Deep Self Confidence to Be Successful and Become True Friends with Yourself* by Ian Tuhovsky, Createspace Independent Publishing Platform, 2nd edition, 2017, pp. 157-159)

(注) affirmation : 肯定的な言葉 hypnotherapist : 催眠療法士
psychotherapist : 心理療法士 intuitive : 直観的な

設 問

- (1) 下線部(1)にある「それ(it)」は何かを明らかにして、これがどのように生じると考えられているのかを本文の内容に即して日本語で説明しなさい。
- (2) 下線部(2)は、何をどのように変えることができると述べているのか、本文の内容に即して日本語で説明しなさい。
- (3) 下線部(3)にあるようなことをするだけではあまり役に立たない理由は何だと書かれているか、日本語で説明しなさい。
- (4) 下線部(4)に関して、役に立たないのはどのような場合かを日本語で説明しなさい。
- (5) 下線部(5)にあるように、人から認められたり、自分が何らかのことを達成しただけでは、健全な自尊心を育むのに不十分であるのは何故なのか、本文の内容に即して日本語で簡潔に説明しなさい。

3

次の各文の()に入る最も適切な語句を一つ選び、記号で答えなさい。

(1) A: He has 10,000 books in his library.

B: I never expected it'd be () many.

(ア) them

(イ) that

(ウ) these

(エ) those

(2) Don't bother inviting him to the party. He is the () person to join such a lively event.

(ア) last

(イ) second

(ウ) best

(エ) first

(3) A: My mother () escaped the accident.

B: I'm relieved to hear it!

(ア) barely

(イ) rarely

(ウ) seldom

(エ) often

(4) He had to () an errand for his mother.

(ア) walk

(イ) kneel

(ウ) stop

(エ) run

(5) A: It is a great () that you have to leave so quickly!

B: It's so nice of you to say so, but I really have to go.

(ア) pity

(イ) piety

(ウ) honesty

(エ) pressure

(6) A: I () his sincerity.

B: You are right. He's famous for always breaking his promise.

(ア) tempt

(イ) presume

(ウ) doubt

(エ) assume

(7) A: I () missed the train.

B: I am glad you made it.

(ア) finally

(イ) most

(ウ) indeed

(エ) almost

(8) Their longtime effort finally paid () and they became rich.

(ア) in

(イ) off

(ウ) on

(エ) up

(9) Walking outside one night, John stopped () in his tracks.

(ア) by

(イ) dead

(ウ) on

(エ) up

(10) A: How long do we need to wait?

B: I'm afraid it'll take ().

(ア) ages

(イ) back

(ウ) much

(エ) over

4 次の下線部の日本語を英語になおしなさい。

A: I want to get my driver's license as soon as possible. How about you?

B: Well, 夏休みの間に自動車学校へ行こうとずっと考えているんだ。
(1)

A: Oh, I see. By the way, do you think we will need a driver's license when we have self-driving cars in the future?

B: Maybe there will be some kind of license for it. Although AI is becoming more advanced, 完全に人間の代わりになる日が来るのか分からないな。
(2)

A: Yes, I see your point, but 現在発生している人為的ミスによる多くの事故を防ぐことができると思うよ。
(3)

B: That would be safer. しかし、あまりAIに頼りすぎないように、そして自分で考える事を忘れないように気を付けるべきだね。
(4)

(注) AI: 人工知能

5 Write your answer in English to the following question in 80 to 100 words.

This year saw the expansion of English classes in Japanese primary schools. Do you think it is a good idea to learn a foreign language at such a young age? Give two reasons why you think this is a good or bad idea.