

英語問題 (60 分)

(この問題冊子は 10 ページである。)

受験についての注意

1. 監督の指示があるまで、問題を開いてはならない。
2. 携帯電話・スマートフォンの電源は切ること。
3. 時計に組み込まれたアラーム機能、計算機能、辞書機能などを使用してはならない。
4. 試験開始前に、監督から指示があったら、解答用紙の受験番号欄の番号が自身の受験番号かどうかを確認し、氏名を記入すること。
5. 解答用紙は 3 枚ある。解答は解答欄に記入し、その他の部分に何も書いてはならない。
6. 監督から試験開始の合図があったら、この問題の冊子が、上に記したページ数通りそろっているかどうか確かめること。
7. 筆記具は、H、F、HB の黒鉛筆またはシャープペンシルに限る。万年筆やボールペンなどを使用してはならない。訂正する場合は、消しゴムで丁寧に消すこと。消しきずはきれいに取り除くこと。
8. 解答用紙を折り曲げたり、破ったりしてはならない。
9. 試験時間中に退場してはならない。
10. 問題冊子と解答用紙を持ち帰ってはならない。

以上

I 次の (1) ~ (5) の英文を読み、下線部に最も近い意味のものをそれぞれ A~D の中から選びなさい。

(1) We fully understood the importance of her remark.

- A. act B. comment C. trouble D. story

(2) The main purpose of his essay was to raise the awareness of some domestic issues.

- A. part B. word C. aim D. character

(3) The woman remained silent because she was carefully examining the matter.

- A. felt B. left C. seemed D. stayed

(4) She committed herself to practicing the violin for decades.

- A. dedicated B. used C. mistook D. called

(5) Many students were curious to know more about the topic.

- A. happy B. doubtful C. discouraged D. interested

Ⅱ 次の (6) ~ (10) の英文を読み、空所に入れるのに最もふさわしいものをそれぞれ A~Dの中から選びなさい。

(6) Before asking for the meaning, please look () the words in your dictionary.

- A. forward B. up C. on D. after

(7) () it not been for your help, I could never have passed the exam.

- A. Had B. If C. Were D. With

(8) In () of my repeated requests, she did not come to the concert.

- A. line B. concern C. spite D. result

(9) We're almost out of ketchup, so please remember () some before dinner.

- A. to buy B. buying C. buy D. bought

(10) Reading is to the mind () exercise is to the body.

- A. how B. when C. where D. what

Ⅲ 次の英文を読み、(11) ～ (15) の空所に入れるのに最もふさわしいものをそれぞれ A～Dの中から選びなさい。

The water cycle is an important natural process, but (11) _____ to increased global warming, it is now causing problems. In the normal water cycle, heat from the atmosphere raises sea surface temperatures and evaporates the water, (12) _____ condenses and forms clouds. The water in the clouds then falls to the ground in the (13) _____ of rain and flows back to the sea. (14) _____, as the climate warms, sea surface temperatures get too high. When this happens, a much larger amount of water than normal evaporates from the sea and generates heavier and more intense rains. These rains can trigger large-scale flooding and landslides. Unfortunately, such disasters can be direct results of human influences (15) _____ the water cycle.

- (11) A. going B. as C. objecting D. due
- (12) A. which B. if C. where D. after
- (13) A. example B. form C. weather D. step
- (14) A. Rather B. Specifically C. However D. Fortunately
- (15) A. for B. by C. on D. of

Ⅳ 次の英文を読み、設問（16）～（27）に答えなさい。なお、*印のついた語句には注があります。

- ① In today's complex, fast-changing world, it is sometimes difficult for people to remain emotionally stable. In fact, there are scientific reports showing that in some countries, including Japan, the number of people who suffer from anxiety is increasing. Anxiety refers to a feeling of unease such as worry or fear. Yet feeling anxious is not always an indicator of a serious problem; rather, many people experience anxiety in one way or another when they are in stressful situations, such as taking exams, working on assignments, or having trouble interacting with others on social networking sites. Anxiety can also appear without any clear reason. In this case, it may become uncontrollable and start negatively affecting our daily lives. Therefore, it is important to have a clear understanding of the warning signs of anxiety in order to deal effectively with the problems it might cause.
- ② Anxiety can create different types of symptoms*, and they can be both psychological and physical. As mentioned earlier, it is basically a feeling of unease. When we have anxiety from worrying, it may be difficult for us to sleep well or concentrate on studying. Such a feeling is, in many cases, quite normal, but when it reaches a level where it affects us too much, we need to pay close attention to it. For instance, psychological symptoms like strong fear and depression are considered serious. Physical symptoms like an increased heartbeat and weight loss can be considered serious symptoms. Though in the past, anxiety was generally considered a taboo topic, it is now openly discussed by many. This is creating an environment where it is much easier for people to find help. It should be remembered that not all anxiety is bad; it can be beneficial because sometimes a feeling of fear or worry may make us aware of real risks and dangers that are lying ahead of us.
- ③ (あ) The rapid changes that are happening around us in today's world can contribute to anxiety in a variety of ways. For instance, learning to adapt ourselves to new online programs, applications, and platforms is not so easy. Also, when people use social networking sites, the lack of face-to-face interaction may create misunderstandings, which may lead to increased levels of anxiety. Furthermore, research shows that comparing our own lives with the seemingly perfect lifestyles of others that we see on social media can cause anxiety because we may feel it is impossible to keep up with them.

Social media are supposed to help people connect with one another but can actually contribute to feelings of anxiety and loneliness.

④ Considering these many factors, it is important to recognize that people who suffer from anxiety should not blame themselves. This is because, as mentioned above, social anxiety is often rooted in a reaction to changes in the world around us. There are also powerful internal factors. For instance, some scientists claim that because of the special way their brains work, some people who suffer from anxiety are less likely to tell safe stimuli* from threatening ones. (v\`)
These people often suffer from anxiety even in situations that are, for most people, quite normal. Their brain's ability to distinguish between the two kinds of stimuli cannot necessarily be improved. Anxiety can also be linked to the genes* that people inherit from their parents. Furthermore, anxiety can be caused by internalized past experiences, including bullying, abuse, and other traumatic incidents. If anxiety is caused by such uncontrollable factors, then those who tend to develop anxiety more intensely than others should not feel their problem is a result of any personal weakness.

⑤ When anxiety starts to have a serious impact on our daily lives, getting support is essential. Many of today's medical and psychological treatments are very effective, but unfortunately there is no sure way to completely "cure" anxiety. Since the stressful situations people face and the way their brains respond are diverse, each individual case requires special attention and care. Some forms of medical and psychotherapeutic* treatment can be helpful, but they sometimes require people to continue the therapy for a long period of time. There are also many effective self-help methods, such as exercising, decreasing the amount of caffeine we drink, and using smartphone applications for stress management. Scientists and other researchers are continuously making new findings and producing important results, including the development of more effective medications. Thanks to their work, the trend of increasing anxiety may be reversed and the suffering caused by anxiety may be reduced.

* symptoms	症状
* stimuli	刺激
* genes	遺伝子
* psychotherapeutic	精神療法の

Selected References

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- (16) According to paragraph 1, which of the following is true?
- A. Anxiety is a feeling of worry rather than a feeling of fear.
 - B. In today's world, anxiety is common, especially among elderly people.
 - C. The number of people who suffer from anxiety is decreasing.
 - D. Some people experience anxiety when they do their homework.
- (17) According to paragraph 1, learning about anxiety is important . . .
- A. to successfully interact with others on social networking sites.
 - B. to make it unnecessary to visit a therapist.
 - C. to help us respond to it in an effective way.
 - D. to turn its negative effects into something positive.
- (18) According to paragraph 2, what are the main characteristics of anxiety symptoms?
- A. They are limited to several types.
 - B. They can influence both body and mind.
 - C. They are normal physical activities.
 - D. They can be safely ignored.
- (19) According to paragraph 2, in what situation can anxiety be considered beneficial?
- A. when it helps with our safety and survival
 - B. when its symptoms are only psychological
 - C. when we consider it a taboo topic
 - D. when we can find medical help easily
- (20) According to paragraph 3, which people are most likely to develop anxiety?
- A. people who have trouble with others on social networking sites
 - B. people who post their seemingly perfect lives on social media
 - C. people who do not communicate with others on social networking sites
 - D. people who criticize other people's lifestyles on social media

- (21) According to paragraph 3, what is an unexpected effect of social media?
- A. They show users harmful lifestyles.
 - B. They connect users successfully.
 - C. They encourage users to bully others.
 - D. They make users feel isolated.
- (22) In paragraph 4, which of the following is NOT mentioned as an internal factor of anxiety?
- A. brain activity
 - B. parents' opinions
 - C. genes
 - D. memories of trauma
- (23) According to paragraph 4, what do the underlined words "the two kinds of stimuli" mean?
- A. stimuli from the brain and stimuli from genes
 - B. normal stimuli and favorable stimuli
 - C. safe stimuli and dangerous stimuli
 - D. stimuli related to bullying and stimuli related to abuse
- (24) According to paragraph 5, which of the following is true?
- A. People respond to stressful situations in similar ways.
 - B. It is difficult for people to get rid of anxiety.
 - C. Most people can finish their therapy quickly.
 - D. Using self-help applications increases anxiety.
- (25) What would be the best title for this passage?
- A. The Most Effective Treatment for Anxiety
 - B. The Main Reasons Why People Discuss Anxiety
 - C. What You Need to Know About Anxiety
 - D. New Scientific Discoveries on Anxiety

(26) 下線部 (あ) を日本語に訳しなさい。

(27) 下線部 (い) を日本語に訳しなさい。

V

(28) 次の英文 (う) か (え) のどちらかひとつを選び、示された書き出しに続けて、英語で文章を書きなさい。具体例や理由をなるべく多く挙げて書きなさい。ボックスの中の語彙や表現は必要に応じて文章中に用いたり、内容の参考にしたりしてもかまいません。これらの語彙や表現の使用の有無は評価には影響しません。

(う) What is the most important lesson you learned from using social networking sites? Why?

The most important lesson I learned is ...

useful opinions	prejudiced opinions	facts	lies
friendship	deception	relationships	trust
videos	photos	personal information	online security

(え) Why is it important to learn about what is happening around the world?

It is important to learn about what is happening around the world because ...

global issues	sustainability	economic gap	environment	
energy	pandemic	terrorism	war	hunger
refugees	solutions	cooperation	poverty	goals