

(令 5 前)

外 国 語

英 語

(問題部分 1 ~ 13 ページ)

注意 解答はすべて答案用紙の指定のところに記入しなさい。

外国語 (英 語) 125 点

I 次の文章は、“meaningful life”について書かれた記事である。この文章を読んで、問1～5に答えなさい。(配点35点)

When we think about lives filled with meaning, we often focus on people whose grand contributions benefited humanity. Abraham Lincoln, Martin Luther King, Jr., and Nelson Mandela surely felt they had a worthwhile life. However, how about us ordinary people?

Many scholars agree that a subjectively meaningful existence often boils down to ^(a) three factors: the feeling that one’s life is coherent and “makes sense,” the possession of clear and satisfying long-term goals, and the belief that one’s life matters in the grand scheme of things. Psychologists call these three things coherence, purpose, and existential mattering. ⁽¹⁾

However, we believe that there is another element to consider. Think about the first butterfly you stop to admire after a long winter, or imagine the scenery on top of a hill after a fresh hike. Sometimes existence delivers us small moments of beauty. When people are open to appreciating such experiences, these moments may enhance how they view their life. We call this element experiential appreciation. The phenomenon reflects the feeling of a deep connection to events as they occur and the ability to extract value from that link. It represents the detection of and admiration for life’s inherent beauty. ^(b)

We recently set out to better understand this form of appreciation in a series of studies that involved more than 3,000 participants. Across these studies, we were interested in whether experiential appreciation was related to a person’s sense of meaning even when we accounted for the effects of the classic trio of coherence, purpose, and existential mattering. ^(c) If so, experiential appreciation could be a unique contributor to meaningfulness and not simply a product of these other variables.

As an initial test of our idea, during the early stages of the COVID pandemic, we had participants rate to what extent they agreed with different coping strategies to relieve their stress. ⁽²⁾ We found that people who managed stress by focusing on their appreciation for life’s beauty also reported experiencing life as highly meaningful. In

the next study, we asked participants to rate how much they agreed with various statements, such as “I have a great appreciation for the beauty of life” and “I appreciate a wide variety of experiences,” as well as other statements that related to coherence, purpose, existential mattering, and a general sense of meaning in life. Our results showed that the more people indicated that they were “appreciating life” and its many experiences, the more they felt their existence was valuable. In fact, these two elements were strongly related to each other. In subsequent studies, we further explored the connection between these concepts. For example, we found that participants asked to (A) the most meaningful event of the past week generally reported (B) experiential appreciation in those moments.

Finally, we conducted a series of experiments in which we gave people specific tasks and, once more, asked them to report how strongly they identified with statements linked to coherence, purpose, and existential mattering. In one case, we found that participants who watched an awe-inspiring video, such as the opening sequence of the BBC documentary *Planet Earth*, reported having a greater sense of experiential appreciation and meaning in life, compared with participants who watched more neutral videos, such as an instructional woodworking video. Similarly, participants who wrote about a recent experience for which they were grateful had a greater sense of meaning and experiential appreciation afterward when compared with participants who simply wrote about a common place they had visited in the past week.

The results confirmed our original theory: [C]. However, applying that insight can be difficult. Our modern, fast-paced, project-oriented lifestyles fill the day with targets and goals. We are always on the go, and we attempt to maximize output both at work and at leisure. This focus on future outcomes makes it all too easy to miss what is happening right now. Yet life happens in the present moment. We should slow down, let life surprise us, and embrace the significance in the everyday. As former Indian prime minister Jawaharlal Nehru wrote in 1950, “We live in a wonderful world There is no end to the adventures that we can have if only we seek them with our eyes open.”

問 1 下線部(a)～(c)を、本文の内容に合致するように、別の表現で置き換えるとすれば、どのような表現が最も適切か。それぞれの選択肢の中から一つ選び、記号で答えなさい。

(a) boils down to

- (あ) collects
- (い) complements
- (う) comprises
- (え) contradicts

(b) inherent

- (あ) fundamental
- (い) long-term
- (う) multiple
- (え) satisfying

(c) accounted for

- (あ) figured out
- (い) gave an explanation for
- (う) made up
- (え) took into consideration

(d) on the go

- (あ) busy and active
- (い) living in a progressive society
- (う) relying on each other
- (え) self-indulgent and uncritical

- (e) embrace
- (あ) eagerly generate
- (い) constantly change
- (う) steadily accumulate
- (え) willingly accept

問 2 下線部(1)について, (イ)coherence, (ロ)purpose, (ハ)existential mattering それぞれの例として適切なものを選択肢の中から選び, 記号で答えなさい。ただし, 同じ記号は一度しか使えない。

- (あ) George, a young teacher, feels that his actions and life have value to others when students and parents express their appreciation to him.
- (い) Julia, a junior public officer, applies what she learned in sociology courses at college to her service to the community.
- (う) Naomi, who would like to be a novelist, commits herself to writing 100 words every morning to complete a 100,000-word novel.

問 3 下線部(2)を日本語に訳しなさい。

問 4 空所(A)と(B)に入る最も適切な単語の組み合わせはどれか。選択肢の中から一つ選び, 記号で答えなさい。

	(A)	(B)
(あ)	attend	deep
(い)	memorize	vivid
(う)	recall	high
(え)	remind	stable

問 5 空所[C]に入る最も適切な表現を，選択肢の中から一つ選び，記号で答えなさい。

- (あ) appreciating small things can make life feel more meaningful
- (い) a meaningful life has to do with enjoyment of work and leisure
- (う) your life becomes meaningful when you are meaningful to other people
- (え) coherence, purpose, and existential mattering can constitute a meaningful life

II 次の文章は、水資源について書かれた報告書の一部である。この文章を読んで、問1～5に答えなさい。(配点35点)

Water is getting scarce — but what does this actually mean? After all, the Earth never loses a single drop of H₂O. Although water is a finite resource, it will not be used up as long as we do not render it permanently unusable. However, it is important to integrate human water usage into the natural hydrological cycle* and to use the locally available water in an adequate, effective, sustainable, and fair way. Despite significant progress in this area, there are still millions of people who do not have access to safe drinking water. Everyday, millions of women and children have to walk long, and often dangerous, distances in order to collect water and carry it home. As is the case for food and land, access to clean drinking water and water for agricultural usage is ⁽¹⁾unequally distributed.

When it comes to freshwater most people think of water in rivers and lakes, groundwater and glaciers, the so-called “blue water.” Only part of the rainfall feeds this ⁽²⁾freshwater supply. The majority of rainfall comes down on the Earth’s surface and either evaporates directly as “non-beneficial evaporation” or, after being used by plants, as “productive transpiration.” This second type of rainwater is termed ⁽³⁾“green water.” The green water proportion of the total available freshwater supply varies between 55% and 80%, depending on the region of the world, as well as local wood density. The biggest opportunity and challenge for future water management is to store more green water in soil and plants, as well as storing it as blue water.

Agriculture is by far the largest consumer of the Earth’s available freshwater: 70% of “blue water” withdrawals from watercourses and groundwater are for agricultural usage, three times more than 50 years ago. By 2050, the global water demand of agriculture is estimated to increase by a further 19% due to irrigational* needs. Approximately 40% of the world’s food is currently cultivated in artificially irrigated areas. Especially in the densely populated regions of Southeast Asia, the main factor for increasing yields were huge investments in additional irrigation systems between the

1960s and 1980s. It is disputed where it would be possible to expand irrigation further and obtain additional water from rivers and groundwater in the future, how this can take place, and whether it makes sense. Agriculture already (A) people's everyday use and environmental needs, particularly in the areas where irrigation is essential, thus threatening to literally dry up ecosystems. In addition, in the coming years, climate change will bring about enormous and partly unpredictable changes in the availability of water.

In some regions of the world, water scarcity has already become a very serious problem. The situation will worsen dramatically in the decades to come if we continue to overuse,⁽⁴⁾ waste, and contaminate the resources available at local and regional levels. Agriculture could reduce water problems by avoiding the cultivation of water-intensive crops such as corn and cotton in areas which are too dry for them, as well as by improving inefficient cultivation and irrigation systems that also cause soil salinization*. Other practices that could be avoided include the clearance of water-storing forests, evaporation over temporarily unused land, and the dramatic overuse of groundwater sources in some parts of the world.

The pollution and contamination of entire watercourses is another grave problem. Water carries many substances: fertile soil that has been washed out, as well as nutrients which in high concentrations over-fertilize watercourses and deprive them of oxygen. Water can also contain pesticides*, salts, heavy metals, and sewage from households, as well as an enormous variety of chemical substances from factories. While many rivers and lakes in Europe are slowly recovering from direct pollution through industrial discharges, the problem is massively increasing in densely populated regions of Asia and other developing areas. The use of water further downstream is becoming increasingly risky and expensive, sometimes impossible. Toxic substances in the groundwater can make this treasure (B) for entire generations. Agriculture is polluting water bodies with pesticides and huge amounts of nitrogen*. The number and size of so-called "dead zones" near the mouths of large streams, where marine life is suffocating due to over-fertilization, are expanding.

注 hydrological cycle 水循環； irrigational 灌漑(かんがい)の
salinization 塩害； pesticide 殺虫剤, 除草剤； nitrogen 窒素

問 1 下線部(1)を日本語に訳しなさい。

問 2 次の文は、下線部(2) blue water と下線部(3) green water について説明したものである。空所 [イ] と [ロ] に入る最も適切な語の組み合わせはどれか。選択肢の中から一つ選び、記号で答えなさい。

“Blue water” is found in lakes, rivers, and reservoirs behind dams. It is recharged by either rainfall or snowmelt. Available blue water is used for many purposes, including drinking water. It is also used as irrigation water for [イ].

“Green water” is the water available in the soil for plants and soil microorganisms. It is the water absorbed by roots, used by plants, and released back to the [ロ].

	[イ]	[ロ]
(あ)	agriculture	atmosphere
(い)	plants	river
(う)	evaporation	air
(え)	cultivation	groundwater

問 3 下線部(4)を、The situation の内容を明らかにして、日本語に訳しなさい。

問 4 空所(A), (B)に入る最も適切な表現を、それぞれの選択肢の中から一つ選び、記号で答えなさい。

- (A) (あ) competes with
(い) gives in to
(う) makes up for
(え) turns to

- (B) (あ) feasible
(い) massive
(う) possible
(え) unusable

問 5 本文の内容と合致する文を選択肢の中から二つ選び、記号で答えなさい。

- (あ) Dead zones, or low-oxygen areas, have a destructive effect on agriculture.
(い) More than half of the Earth's freshwater is used for agricultural purposes.
(う) Water scarcity has become rare in some regions of the world in recent years.
(え) Carbon dioxide is released into the ocean as a result of water contamination.
(お) Giving up the cultivation of water-intensive crops may help to solve water problems.

Ⅲ 次の文章は、ある小説の一部である。Lucy, Lucy の母, Lucy の友人 Kristi(語り手)の三人は、滝までドライブするために自動車に乗り込んだところである。この文章を読んで、問1～5に答えなさい。(配点30点)

“You think you have me fooled, don’t you, girl!”

There was a silence, then Lucy asked: “What are you saying, Mom?”

“You can’t hide it. You’re sick again.”

“I’m not sick, Mom. I’m fine.”

“(a) Why do you do this to me, Lucy? Always. Why does it have to be this way?”

“I don’t know what you’re saying, Mom.”

“You think I don’t look forward to a trip like this? My one free day with my daughter. A daughter I happen to love very dearly, who tells me she’s fine when she’s really feeling sick?”

“That’s not true, Mom. I really am fine.”

But I could hear the change in Lucy’s voice. It was as if the effort she’d been ⁽¹⁾making until this point had been abandoned, and she was suddenly exhausted.

“Why do you pretend, Lucy? You think it doesn’t hurt me?”

“Mom, I swear I’m fine. Please drive us. Kristi’s never been to a waterfall and she’s so looking forward to it.”

“Kristi’s looking forward to it?”

“Mom,” Lucy said. “Please can we go? Please don’t do this.”

“(b) Do you think I like this? Any of this? Okay, you’re sick. That’s not your fault. But not telling anyone. Keeping it to yourself this way, so we all get in the car, the whole day before us. That’s not nice, Lucy.”

“It’s not nice you telling me I’m sick when I’m easily strong enough”

Mary, the housekeeper, opened the door beside Lucy from the outside. Lucy fell silent, then her face, full of sadness, looked round the edge of the car seat at me.

“I’m sorry, Kristi. We’ll go another time. I promise. I’m really so sorry.”

“It’s all right,” I said. “We must do what’s best for you, Lucy.”

I was about to get out also, but then Lucy's mother said: "Just a second, Kristi. Like Lucy says. You were looking forward to this. Well, why don't you stay right where you are?"⁽³⁾

"I'm sorry. I don't understand."

"Well, it's simple. Lucy's too sick to go. She might have told us that earlier, but she chose not to. Okay, so she stays behind. Mary too. But no reason, Kristi, why you and I can't still go."

I couldn't see her mother's face because the seat backs were high. But Lucy's face was still peering round the edge of her seat at me. Her eyes had become dull, as if they no longer cared what they saw.

"Okay, Mary," Lucy's mother said in a louder voice. "Help Lucy out. Careful with her. She's sick, remember."

"Kristi?" Lucy said. "Are you really going with her to the falls?"

"Your mother's suggestion is very kind," I said. "But perhaps it would be best if this time . . ."

"Hold on, Kristi," her mother cut in. Then she said: "What is this, Lucy? One moment you're concerned about Kristi, how she's never seen a waterfall. Now you're trying to make her stay home?"^(c)

Lucy went on looking at me, and Mary continued to stand outside the car, a hand held out for Lucy to take. Finally Lucy said: "Okay. Maybe you should go, Kristi. You and Mom. What's the sense in the whole day getting spoiled just because . . . I'm sorry. Sorry I'm sick all the time. I don't know why . . ."

I thought tears would come then, but she held them back and went on quietly: "Sorry, Mom. I really am. I must be such a downer. Kristi, you go on. You'll love the waterfall."

Then her face disappeared from the edge of the seat.

問 1 下線部(a)~(c)が意味する内容として最も適切なものを、それぞれ選択肢の中から一つ選び、記号で答えなさい。ただし、同じ記号は一度しか使えない。

- (あ) Don't argue.
- (い) Don't blame me.
- (う) Don't pretend to be fine.
- (え) Why are you trying to stay home?
- (お) Why are you changing your mind?
- (か) Why do you want to go for a drive?

問 2 下線部(1)の内容を最もよく表す文を選択肢の中から一つ選び、記号で答えなさい。

- (あ) She had tried to calm her mother down but was not successful.
- (い) She had tried to keep looking like she was okay but wasn't able to do so.
- (う) She had suggested going out for a drive, but it was rejected by her mother.
- (え) She had put her time and energy into planning a road trip, but it didn't pay off.

問 3 下線部(2)を、That が指している内容を明らかにして、日本語に訳しなさい。

問 4 下線部(3)の表現によって母親が Kristi に言いたいことは何か。日本語で説明しなさい。

問 5 本文の内容と合致する文を選択肢の中から一つ選び、記号で答えなさい。

- (あ) Lucy was excited to let Kristi go on the trip because Kristi was looking forward to it.
- (い) Mary made Lucy come out of the car as she had to obey the order from Lucy's mother.
- (う) Lucy's mother suggested going with Kristi to the waterfall, but Kristi tried to turn down the proposal.
- (え) Lucy recovered from illness, but she pretended to make herself look sick because she did not want to go out.

IV The following is a part of a research paper. Read the passage and answer the questions in English. (配点 25 点)

Smartphones are very useful and often we cannot imagine life without them. However, they could be harmful as well. For example, people suffer from smartphone addiction. As with any other addiction, this can lead to various (1) problems. Studies have demonstrated the negative impact on young people's lives and future prospects which mirror those of addiction. To find out in what ways smartphones negatively affect present-day students in Japan, we asked 3,043 (2) students to complete a questionnaire.

- (1) What is "smartphone addiction"? Write your definition in approximately 40 words.
- (2) What do you think the researchers found out through the questionnaire? Write your answer in approximately 60 words.