

(令 8 前)

外 国 語

英 語

(問題部分 1 ～ 14 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、ソーシャルメディアの弊害について書かれたものである。この文章を読んで、問1～5に答えなさい。(配点35点)

It could be early in the morning, perhaps even before you get out of bed, or any time of day thereafter. It starts with a notification. You just plan to reply to that one text — but then, since you're already on your smart phone, you decide to check your email, prior to moving on to social media, which has its own gravitational pull where one news item, post, or comment leads to another, and to another, and another, etc. Before you realize it, half an hour has disappeared, and you're left feeling stressed, anxious, ⁽¹⁾overstimulated, fatigued, and emotionally riled up*.

A new term that succinctly ^(a)reflects the phenomenon of endless attention-consuming scrolling on social media has recently emerged: “doomscrolling.” Doomscrolling specifically relates to spending time in contact with disturbing news through social media, including but not limited to conspiracies*, intensely emotional political conflict, or violent events, often to the point where it becomes compulsive. (A) it may seem like just another essentially benign* or neutral time-wasting habit, new research from Flinders University in Australia demonstrates that it can significantly impact mental-emotional health and well-being and even alter people's perception of reality.

Researchers surveyed 800 university students from two distinctly different cultures, the United States and Iran, to explore how excessive negative news consumption on social media can impact their thoughts and feelings relating to their lives. Participants were asked to respond to how often they doomscrolled through social media, how anxious they felt about their existence, whether they believed that the world is a fair place, and how they felt about humanity in general.

According to this study, habitually checking social media, particularly when negative, upsetting, or traumatic stories are involved, is linked with changes in how we view other people, our overall sense of safety, and of life. Doomscrolling makes people more likely to be suspicious and distrustful of others, and can even trigger a sense of

existential despair (B) life lacks any real meaning.

It turns out that far from being a harmless activity, doomscrolling can negatively ⁽²⁾affect how we view the people and world around us. In both American and Iranian study participants, doomscrolling was associated with existential anxiety — worries about existence, life, and death. No wonder so many people seem ^(b)drawn to cat videos.

The new research also seems to confirm what lived experience has suggested for some time — that viewing disturbing news on social media can be a source of vicarious trauma, wherein someone has distressing psychological effects even though they did not experience trauma directly. Extensive exposure to information and images pertaining to traumatic events can result in symptoms similar to post-traumatic stress disorder (PTSD)* that include anxiety, depression, anger, distrust, and despair. Extending this dynamic, it seems extremely likely that doomscrolling subjects people who have experienced trauma previously — whether or not they have PTSD — to retraumatization and a worsening of their trauma-based distress.

Physiologically, doomscrolling changes nervous system activity by activating the stress-based fight-flight reactions* of the sympathetic division* of the autonomic nervous system that occur when we feel unsafe. This is a series of reactions that happen in response to threats — whether those threats are real and present (e.g. someone is pointing a gun at us) or perceived, existing only in the realm of our thoughts and the internal stories those thoughts combine to create, or a more vague sense that terrible things are ^(c)imminent. (C), breathing becomes fast and shallow, heart rate goes up, blood pressure goes up, muscle tension increases, and cortisol* and adrenaline are released. (D) the mind-body connection is so direct and intimate, this leads to increased anxiety, fear, depression, distrust, and even despair.

All of this reinforces how important it is for people to practice being mindful of their online habits. Our mental-emotional health and well-being requires paying conscious attention to how much time we spend on social media and to become more aware of the ways it affects our thoughts, emotions, and relationships — especially when it comes to negative news and events. Each day presents us with the opportunity

to start making changes to reduce the amount of that time and begin to take regular breaks from social media and exposure to disturbing content.

注 riled up 怒った

conspiracies 陰謀

benign 無害の

post-traumatic stress disorder (PTSD) 心的外傷後ストレス障害

fight-flight reactions 闘争・逃走反応

sympathetic division 交感神経系

cortisol コルチゾール(ホルモンの一種)

問 1 下線部(1)の内容を具体的に表すものを、選択肢(あ)～(え)から一つ選び、記号で答えなさい。

(あ) checking news posts

(い) spending longer time than expected

(う) the contents of the news

(え) using your smartphone

問 2 下線部(2)を、doomscrolling とはどういう行為なのかを明確にしたうえで、日本語に訳しなさい。

問 3 本文中の(A)～(D)の空所に入る最も適切な語(句)の組み合わせはどれか。選択肢(あ)～(え)から一つ選び、記号で答えなさい。

	(A)	(B)	(C)	(D)
(あ)	If	what	Meanwhile	Although
(い)	When	which	However	While
(う)	Whereas	whose	Consequently	In case
(え)	While	that	As a result	Because

問 4 下線部(a)～(c)の語(句)について、本文中における意味に最も近いものを、それぞれの選択肢(あ)～(え)から一つ選び、記号で答えなさい。

(a) succinctly

- (あ) concisely
- (い) politely
- (う) respectively
- (え) positively

(b) drawn to

- (あ) escaped by
- (い) fatigued by
- (う) intrigued by
- (え) manipulated by

(c) imminent

- (あ) dominated
- (い) approaching
- (う) presented
- (え) reversing

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) Doomscrolling can impact not just our mental health but our physical health as well.
- (い) Doomscrolling tends to be common among people who do not trust others very much.
- (う) Doomscrolling causes more anxiety and stress than actually being in a dangerous situation.
- (え) Continually viewing terrible news makes you feel as though you personally went through it.
- (お) Watching cat videos is one of the most effective remedies for preventing doomscrolling.
- (か) Mental health is achieved not so much by reducing the amount of time spent watching negative news, but by not paying attention to its content.

Ⅱ 次の文章は、生物の遺伝的多様性 (genetic diversity) について書かれたものである。
この文章を読んで、問 1 ～ 4 に答えなさい。(配点 35 点)

⁽¹⁾ Genetic diversity in animals and plants has declined globally over the past three decades, an analysis of more than 600 species has found. The research, published in the journal *Nature*, found declines in two-thirds of the populations studied, but noted that urgent conservation efforts could (a) or even reverse genetic diversity losses.

Dozens of scientists internationally reviewed 882 studies that measured genetic diversity changes between 1985 and 2019 in 628 species of animals, plants, fungi* and chromists* (a type of organism), forming what they have called “the most comprehensive investigation” of changes in genetic diversity within species to date.

The study’s lead researcher, Associate Professor Catherine Grueber of the University of Sydney, said within-species diversity — referring to the variation between individuals of the same species — enabled a population to better adapt to changes in its environment. “If a new disease comes through, or there’s a heatwave, there may be some individuals in the population that have certain characteristics that enable them to tolerate those new conditions,” she said. “Those characteristics will get passed on to the next generation, and the population will persist instead of going extinct.”

(b) genetic diversity in wild and domesticated species formed a key component of one of the goals adopted at a biodiversity conference in 2022.

Many of the leading causes of genetic diversity loss were the same culprits as for declines in populations, Grueber said: “Things like habitat loss, climate change, invasive species, new diseases.” The researchers found ecological disturbances in 65% of the populations they studied, including human harvesting or harassment and changes in land use. But they noted that genetic diversity loss occurred even when no disturbances were reported, suggesting a “background level of genetic diversity loss across species.” “We think that this represents the more general biodiversity crisis that the planet is facing, and broader effects of ecological disruptions such as climate change,” Grueber said.⁽²⁾

However, she highlighted several instances in which (c) conservation strategies have improved genetic diversity. This included a project to establish new populations of golden bandicoots* — a threatened species — in Western Australia. “By understanding where they were selecting the animals from ... and monitoring those populations using genetic studies, they were able to show that they could maintain the genetic diversity of those populations through multiple generations,” Grueber said. In the US, conservation biologists were able to preserve genetic variability in black-tailed prairie dogs by dusting them with insecticides*, preventing fleas* from spreading plague during an outbreak. “The populations were able to thrive, and by moving around more in the landscape, they were able to interbreed with other prairie dogs,” Grueber said. In Scandinavia, arctic fox* populations had declined due to the fur trade and now face stiff competition with red foxes for prey, but supplementary feeding and (d) of red foxes has led to increases in genetic diversity there. “It’s important that we preserve the genetic diversity of our natural systems,” Grueber said. “We have the methods to make it work.” The meta-analysis included species from 141 countries, with more than 500 animal species included.

注 fungi 菌類

chromists 主に色素を持つ微生物や単細胞生物

golden bandicoots バンディクート科に属する小型の有袋類

insecticides 殺虫剤

fleas ノミ

arctic fox ホッキョクギツネ

問 1 本文中において、下線部(1)の Genetic diversity in animals and plants がなぜ重要であると考えられているのか、40 字以内の日本語で説明しなさい。ただし、句読点も 1 字に数える。

問 2 空所(a)～(d)に入る最も適切な表現を、それぞれの選択肢(あ)～(え)から一つ選び、記号で答えなさい。

(a) (あ) accelerate

(い) halt

(う) ignore

(え) justify

(b) (あ) Destroying

(い) Limiting

(う) Maintaining

(え) Simplifying

(c) (あ) generic

(い) randomized

(う) superficial

(え) customized

(d) (あ) expansion

(い) invitation

(う) observation

(え) removal

問 3 下線部(2)について、this の内容を明らかにしたうえで、日本語に訳しなさい。

問 4 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) Researchers say that existing methods of genetic monitoring remain insufficiently precise to identify significant changes in genetic diversity over time.
- (い) Loss of habitat, climate change, invasive species, and human activities are major contributors to the decline in genetic diversity among species.
- (う) Certain targeted conservation efforts have been effective in preserving genetic variation through several generations.
- (え) Insecticides used on prairie dogs caused genetic harm, leading to further reductions in diversity within their populations.
- (お) In Scandinavia, conservation strategies such as supplementary feeding had little effect on improving the genetic diversity of arctic fox populations.
- (か) The study was limited to examining species native to Australia, and did not include genetic data from populations in other parts of the world.

Ⅲ 次の文章は、主人公の Oliver Barret が交際相手の Jennifer と共に彼女の父親に会いに行く場面を描いたものである。この文章を読んで、問 1 ～ 4 に答えなさい。
(配点 30 点)

There remained the matter of Cranston, Rhode Island, a city slightly more to the south of Boston than Ipswich is to the north. After the debacle* of introducing Jennifer to her potential in-laws (“Do I call them outlaws now?” she asked), I did not look forward with any confidence to my meeting with her father. I mean, here I would be bucking* that lots of love Italian-Mediterranean syndrome, compounded by the fact that Jenny was an only child, compounded by the fact that she had no mother, which meant abnormally close ties to her father. I would be up against all those emotional forces the psychology books describe.

Plus, the fact that I had no money.

I mean, imagine for a second Olivero Barretto, some nice Italian kid from down the block in Cranston, Rhode Island. He comes to see Mr. Cavilleri, a wage-earning pastry chef of that city, and says, “I would like to marry your only daughter, Jennifer.” What would the old man’s first question be? (He would not question Barretto’s love, since to know Jenny is to love Jenny; it’s a universal truth.) No, Mr. Cavilleri would say something like, “Barretto, how are you going to support her?”

Now imagine the good Mr. Cavilleri’s reaction if Barretto informed him that the⁽¹⁾ opposite would prevail, at least for the next three years: his daughter would have to support his son-in-law! Would not the good Mr. Cavilleri show Barretto to the door, or even punch him out?

You can be sure he would.
(2)

This may serve to explain why, on that Sunday afternoon in May, I was obeying all posted speed limits, as we headed southward on Route 95. Jenny, who had come to enjoy the pace at which I drove, complained at one point that I was going forty in a forty-five-mile-an-hour zone. I told her the car needed tuning, which she believed not at all.

“Tell it to me again, Jen.”

Patience was not one of Jenny’s virtues, and she refused to bolster* my confidence by repeating the answers to all the stupid questions I had asked.

“Just one more time, Jenny, please.”

“I called him. I told him. He said okay. In English, because, as I told you and you don’t seem to want to believe, he doesn’t know a single word of Italian except a few curses.”

“But what does ‘okay’ *mean*?”

“Are you implying that Harvard Law School has accepted a man who can’t even define ‘okay’?”

“It’s not a legal term, Jenny.”

She touched my arm. Thank God, I understood that. I still needed clarification, though. I had to know what I was in for.

“Okay’ could also mean ‘I’ll suffer through it.’”
(a)

She found the charity in her heart to repeat for the hundredth time the details of her conversation with her father. He was happy. He *was*. He had never expected, when he sent her off to Radcliffe, that she would return to Cranston to marry the boy next door (who by the way had asked her just before she left). He was at first incredulous* that her fiancé’s name was really Oliver Barrett IV. He had then warned his daughter not to violate the Eleventh Commandment*.

“Which one is that?” I asked her.

“Do not deceive your father,” she said.

“Oh.”

“And that’s all, Oliver. Truly.”

“He knows I’m poor?”

“Yes.”

“He doesn’t mind?”

“At least you and he have something in common.”

“But he’d be happier if I had a few bucks*, right?”

“Wouldn’t you?”
(b)

I shut up for the rest of the ride.

注 debacle 完全な失敗

bucking 真っ向から立ち向かう, 反抗する

bolster 強める

incredulous 容易に信じない

the Eleventh Commandment 絶対に守らなければならない暗黙のルール

a few bucks いくばくかのお金

問 1 下線部(1)の the opposite が表す内容を, 日本語で説明しなさい。

問 2 下線部(2)を, 省略されている内容を補ったうえで, 日本語に訳しなさい。

問 3 波線部(a), (b)が意味する内容に最も近いと思われる文を, それぞれの選択肢(あ)～(え)から一つ選び, 記号で答えなさい。

(a) ‘I’ll suffer through it.’

(あ) I’ll be in danger.

(い) I’ll endure it.

(う) I’ll be sick.

(え) I’ll not be interested in it.

(b) “Wouldn’t you?”

(あ) Wouldn’t you deceive your father?

(い) Wouldn’t you want to be happier?

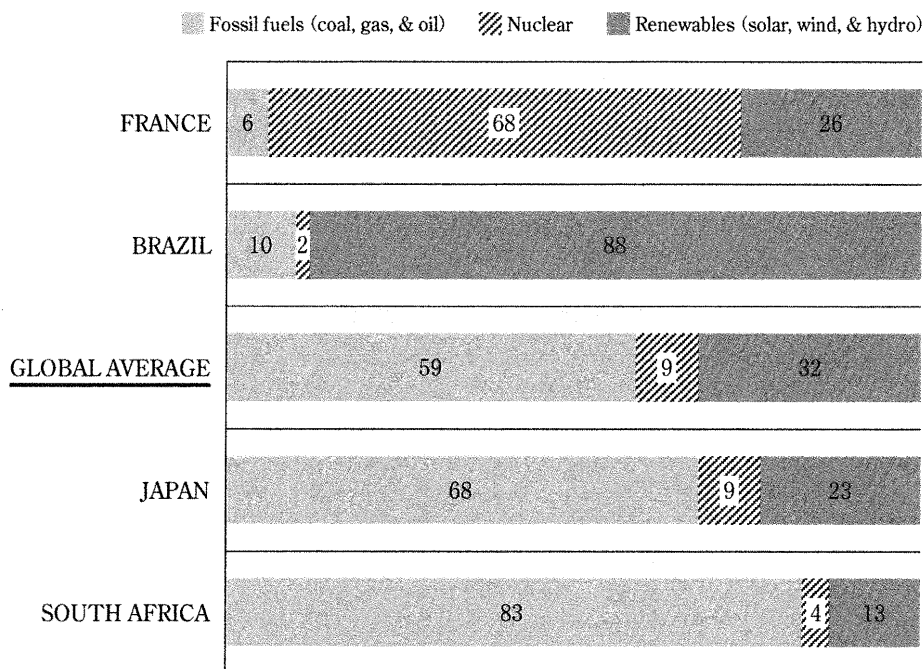
(う) Wouldn’t you be happier if you were wealthier?

(え) Wouldn’t you have something in common?

問 4 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) Jennifer's father had previously thought that she would not return to Cranston to get married.
- (い) Jennifer is concerned because she thinks her father will object to the marriage.
- (う) Jennifer is a dishonest but patient woman.
- (え) Jennifer is the only daughter and her mother is in favor of Oliver's marriage.
- (お) Oliver does not normally drive his car at the speed limit on Sunday afternoons.
- (か) Jennifer's father wants to live in the Mediterranean in the future.

IV The graph below shows the percentage of electricity supplied by fossil fuels, nuclear power, and renewable energy in several countries in 2024. Answer each of the following questions in English. (配点 25 点)



- (1) Choose any two countries and compare the proportion of the electricity supply sources. Write in English (around 40 words).
- (2) According to the graph, the global average for fossil-fuel use is 59%. Should there be an international limit on fossil-fuel electricity generation? Write your answer with reasons in English (around 60 words).

