

平成 31 年 度

問題冊子

教 科	科 目	ページ数
外国語	英語	11

監督者の「始め」という指示があるまで、問題冊子を開かないこと。

解答の書き方

1. 解答は、すべて別紙解答用紙の所定欄に、はっきりと記入すること。
2. 解答を訂正する場合は、きれいに消してから記入すること。
3. 解答用紙には、解答と志望学部及び受験番号のほかは、いっさい記入しないこと。

注 意 事 項

1. 監督者の「始め」の指示の後、解答用紙に志望学部及び受験番号を必ず書くこと。
2. 問題の内容についての質問には、いっさい応じないが、その他の用事があるときは、だまって手をあげて、監督者の指示を受けること。
3. 試験終了時には、解答用紙の1ページ目を表にし、机の上に置くこと。
4. 試験終了後、問題冊子は持ち帰ること。

〔 I 〕 次の英文を読んで、後の問いに英語で答えなさい。

How to live longer is a topic that has fascinated mankind for centuries. Today, scientists are beginning to separate the facts from the fallacies* surrounding the aging process. Why is it that some people reach a ripe old age and others do not? Several factors influencing longevity, or how long you live, are set at birth, but surprisingly, many others are elements that can be changed. Here is what you should know.

Some researchers divide the elements determining who will live longer into two categories: fixed factors and changeable factors. Sex, race, and heredity* are fixed factors — they cannot be reversed, although certain long-term social changes can influence them. For example, women live longer than men — at birth, their life expectancy is about seven to eight years more. However, cigarette smoking, drinking, and reckless driving could shorten this advantage.

There is increasing evidence that length of life is also influenced by a number of elements that are within your ability to control. The most obvious are physical lifestyle factors.

According to a major study of nearly 7,000 adults in Alameda County, California, women can add up to seven years to their lives and men 11 to 12 years by following seven simple health practices: (1) Do not smoke. (2) If you drink, do so only moderately. (3) Eat breakfast regularly. (4) Do not eat between meals. (5) Maintain normal weight. (6) Sleep about eight hours a night. (7) Exercise moderately.

Cutting calories may be the single most significant lifestyle change you can make. Experiments have shown that in laboratory animals, a 40 percent calorie reduction leads to a 50 percent extension in longevity. “Eating less has a more significant effect on the aging process than does any other lifestyle change,” says Byung P. Yu, professor at the University of Texas Health Science Center at San Antonio. “It is the only factor we know of in laboratory

animals that is an anti-aging factor.”

A long life, however, is not just the result of being good to your body and preventing disease. All the various factors that constitute and influence daily life can be critical too. In searching for the ingredients to a long, healthy existence, scientists are studying links between longevity and the psychological and social aspects of human existence. The following can play significant roles in determining your longevity.

Researchers have found that people who are socially integrated — they are part of a family network, are married, participate in structured group activities — live longer.

Early studies indicated that the more friends and relatives you had, the longer you lived. Newer studies focus on the types of relationships that are most beneficial. “Larger networks don’t always seem to be advantageous to women,” says Teresa Seeman at Yale University. “Certain kinds of ties add more demands rather than provide more help.”

A feeling of autonomy or control can come from having some power in important decisions (where you live, how you spend your money) or from being surrounded by people who inspire confidence in your ability to master certain tasks (yes, you can quit smoking, you will get well). Studies show these feelings bring a sense of well-being and satisfaction with life. “Autonomy is a key factor in successful aging,” says Toni Antonucci at the University of Michigan.

Researchers disagree on how stress and job satisfaction affect longevity. There is () enough data available to support a link between stress and longevity, says Edward L. Schneider at the University of Southern California. Animal research, however, provides exciting ideas. In studies with laboratory rats, certain types of stress damage the immune system* and destroy brain cells, especially those involved in memory. Other kinds of stress improve immune function by 20 to 30 percent, supporting a theory first advanced by

Hans Selye, a pioneer in stress research. He proposed that an exciting, active, and meaningful life contributes to good health.

Where you live can make a difference in how long you live. A study by the California Department of Health Services in Berkeley found a 40 percent higher mortality rate among people living in a poverty area compared to those in a nonpoverty area. “The difference was not due to age, sex, health care or lifestyle,” says George A. Kaplan, chief of the department’s Human Population Laboratory. The resulting hypothesis*: A location can have environmental characteristics, such as polluted air or water, or socioeconomic characteristics, such as a high crime rate and level of stress, that make it unhealthy.

People with higher incomes, more education and high-status occupations tend to live longer. Researchers used to think this was due to better living and job conditions, a healthy diet, and access to health care, but these theories⁽⁹⁾ have not proven to be true. Nevertheless, the differences can be dramatic. Among women 65 to 74 years old, those with less than a junior high school education are much more likely to die than are women who have completed at least one year of college.

The message from the experts is clear. There are many ways to add years to your life. Following good health practices and expanding your circle of acquaintances and activities will have a beneficial effect. The good news about aging,⁽¹⁰⁾ observes Erdman B. Palmore at Duke Medical Center in North Carolina, is many of the factors related to longevity are also related to life satisfaction.

[出典：Yamashina, M., Yokoyama, M., & Okino, Y. (2016). *Reading Dynamics*. Tokyo: Cengage Learning, pp. 126-128. 一部改編.]

Notes (*):

fallacies: false beliefs

heredity: characteristics inherited from one's parents

immune system: the body's defense system

hypothesis: an idea that has not been proved

Questions

1. According to the authors, what is one question scientists have about the aging process?
2. Give two examples of fixed factors mentioned in the text.
3. What should a man expect if he follows the seven health practices mentioned in paragraph 4?
4. What one factor has been found to slow aging in laboratory animals?
5. Why does Teresa Seeman say that larger networks are not always good for women?
6. What can give someone a feeling of autonomy or control? Give one example from the text.
7. Fill in the blank in the underlined sentence with the most suitable word.
(Write your answer on the answer sheet.)
8. What is the difference between the death rate in a poverty area and that in a nonpoverty area?
9. Give an example of one of “these theories.”
10. According to Erdman B. Palmore, what is the “good news about aging?”

〔Ⅱ〕 次の英文を読んで、後の問いに日本語で答えなさい(問い6, 7, 10を除く)。

It's difficult to identify the exact moment when our society began emphasizing the importance of following your passion, but a good guess is the 1970 publication of *What Color Is Your Parachute?* The author, Richard Bolles, was working at the time for the Episcopal Church advising campus ministers*, many of whom were in danger of losing their jobs. He published the first edition of *Parachute* as a collection of tips for those facing career change. The original print run was one hundred copies.

The premise of Bolles's guide sounds self-evident to the modern ear: "[Figure] out what you like to do...and then find a place that needs people like you." But in 1970, this was a radical notion. "[At the time,] the idea of doing a lot of pen-and-paper exercises in order to take control of your own career was regarded as a silly exercise," Bolles recalls. The optimism of this message, however, caught people's attention: *You* can control what you do with your life, so why not pursue what you love? There are now more than six million copies of Bolles's book in print.

The decades since the publication of Bolles's book can be understood as a period of increasing dedication to the passion hypothesis. You can visualize this shift by using Google's Ngram Viewer. This tool allows you to search Google's vast corpus of digitized books* to see how often selected phrases appear in published writing over time. If you enter "follow your passion," you see a sharp increase in use right at 1970 (the year when Bolles's book was published), followed by a relatively steady high use until 1990, at which point the graph curve swings upward. By 2000, the phrase "follow your passion" was showing up in print three times more often than in the 1970s and 1980s.

Parachute, in other words, helped introduce the baby boom generation to this passion-centered view of careers, a lesson they have now passed down to

their children, the echo boom generation, which has since made passion even more important. This young generation has “high expectations for work,”⁽⁴⁾ explains psychologist Jeffrey Arnett. “They expect work to be not just a job but an adventure[,] . . . a place for self-development and self-expression[,] . . . and something that provides a satisfying fit with their assessment of their talents.”

Even if you accept my argument that the passion hypothesis has problems, it’s at this point that you might respond, “Who cares!” If the passion hypothesis can encourage even a small number of people to leave a bad job or to experiment with their career, you might argue, then it has provided a service. The fact that the passion hypothesis has spread so far should not cause concern.

I disagree. The more I studied the issue, the more I noticed that the passion hypothesis convinces people that somewhere there’s a magic “right” job waiting for them, and that if they find it, they’ll immediately recognize that this is the work *they were meant to do*. The problem, of course, is when they fail to find this perfect job, bad things⁽⁵⁾ follow, such as frequently changing jobs and damaging self-esteem.

We can see this effect in the statistics. As I just showed, the last several decades are marked by an increasing commitment to Bolles’s popular idea. And yet, for all of this increased focus on following our passion and searching for work we love, *we aren’t getting any happier*. The 2010 Conference Board survey of U.S. job satisfaction found that only 45 percent of Americans describe themselves as satisfied with their jobs. This number has been steadily decreasing from the mark of 61 percent recorded in 1987, the first year of the survey. As Lynn Franco, the director of the Board’s Consumer Research Center says, this is not just about a bad business cycle: “Through both economic boom and bust* during the past two decades, our job satisfaction numbers have shown a consistent downward trend.” Among young people, the group perhaps most concerned with the role of work in their lives,

64 percent now say that they're very unhappy in their jobs. This is the highest level of dissatisfaction ever measured for any age group over the full two-decade history of the survey. In other words, our long experiment with passion-centered career planning can be considered a failure: The (ア) we focused on loving what we do, the (イ) we ended up loving it.

These statistics, of course, are not clear-cut, as other factors play a role in declining workplace happiness. To develop a better understanding of this unease, we can turn to personal stories. Consider Alexandra Robbins and Abby Wilner's 2001 book, *Quarterlife Crisis: The Unique Challenges of Life in Your Twenties*. This book tells the personal stories of dozens of unhappy twentysomethings* who feel lost in the world of work. Take, for example, the tale of Scott, a twenty-seven-year-old from Washington, D.C.

"My professional situation now couldn't be more perfect," Scott reports. "I chose to pursue the career I knew in my heart I was passionate about: politics. . . . I love my office, my friends. . . even my boss." The promises of the passion hypothesis, however, led Scott to question whether his perfect job was perfect enough. "It's not fulfilling," he worries when reflecting on the fact that his job, like all jobs, includes difficult responsibilities. He has since restarted his search for his life's work. "I've committed myself to exploring other options that interest me," Scott says. "But I'm having a hard time actually thinking of a career that sounds appealing."

"I graduated college wanting nothing more than the ultimate job for me," says Jill, another young person profiled in *Quarterlife Crisis*. Not surprisingly, everything Jill tried failed to meet this high mark.

"I'm so lost about what I want to do," despairs twenty-five-year-old Elaine, "that I don't even realize what I'm sacrificing."

And so on. These stories, which are increasingly common at all ages, from college students to the middle-aged, all point toward the same conclusion: **The passion hypothesis is not just wrong, it's also (ウ).** Telling

someone to “follow their passion” is not just an act of innocent optimism, but potentially the foundation for a career full of confusion and frustration.

[出典 : Newport, C. (2016). *So Good They Can't Ignore You*. London: Piaktus, pp. 20-24. 一部改編.]

Notes (*):

campus ministers: trained religious leaders working at colleges

corpus of digitized books: a collection of electronic books

economic boom and bust: ups and downs in the economy

twentysomethings: people in their twenties

[問い]

1. Richard Bolles は何のために *What Color Is Your Parachute?* を出版しましたか。
2. Bolles の本はどのような前提で書かれていましたか。
3. Google の Ngram Viewer を使って “follow your passion” を検索すると、どのような結果が出ますか。1970 年と 2000 年を比べなさい。
4. 下線部 “high expectations for work” の内容を二つ書きなさい。
5. 下線部の “bad things” とは何か。
6. 仕事に対して満足していない若い人の割合はいくらですか。数字で答えなさい。
7. (ア) (イ) に適切な英単語を入れなさい。
8. *Quarterlife Crisis* のテーマは何か。
9. Scott さんは自分の仕事のどのような点に、充足感を得られていないのか。
10. (ウ) に適切な英単語一語を入れなさい。

(III) Write about someone you know who has *passion* for something. Describe what this person does and what you have learned from this person. Your answer should be **in English** and about 12 lines in length (**at least 120 words**).