

英 語

試験時間60分

[注 意]

1. この問題冊子は指示があるまで開いてはいけない。
2. 受験番号が正しく記入・マークされていない場合は0点となる。
3. 解答はすべて解答用紙の所定欄にマークすること。例えば、問題文中に 

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 と表示のある問いに対して③と解答する場合は、次の(例)のように **解答番号10の解答記入欄の③**にマークすること。正しくマークされていない場合は採点できないことがある。

(例)

解答番号	解答記入欄 (マーク)									
10	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

4. 問題冊子の各ページの余白は自由に使用してよいが、どのページも切り離してはいけない。
5. 試験終了後、解答用紙は通路側に置くこと。なお、問題冊子は持ち帰ること。

英 語  
( 解答番号 

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〈マーク式についての注意〉

1. 機械が読み取って採点するので、折り曲げたり汚したりしないこと。
2. マークはHBの鉛筆で枠の中を濃く塗りつぶすこと。
3. 1つのマーク欄には1つしかマークしないこと。
4. 訂正はプラスチック消しゴムでよく消し、消しきらずはきれいに取り除くこと。
5. 所定欄以外には何も書かないこと。

問題Ⅰ 次の英文を読んで、後に続く各問の答えとして最も適切なものを、それぞれの①～④の中から一つずつ選び、マークして答えなさい。

※著作権の関係上、問題文は掲載しておりません。

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[Adapted from <https://www.japan.go.jp/> (一部省略)]

(注1) spotlight = スポットライト, 注目

(注2) longevity = 長寿

(注3) explicit = はっきりとした

(注4) isolation = 孤立

(注5) in pursuit of = ～を求めて

(注6) functional capacity = 身体機能

(注7) fulfilling = 充実した

(1) What kind of research did Garcia do for his book on *ikigai*?

- ① He conducted an internet survey of Japanese senior citizens across Japan.
- ② He interviewed people over the age of 100 in selected villages in Okinawa.
- ③ He questioned over 100 elderly residents of a Japanese village.
- ④ He selected 100 healthy people out of 200 and interviewed them.

(2) What are the characteristics of people described in the passage who have *ikigai*?

- ① They are more independent and isolated than people without *ikigai*.
- ② They keep active and interact with other people often.
- ③ They know more about saving money than those without *ikigai*.
- ④ They are physically healthy, but cannot avoid mental illness.

(3) What does the survey conducted on people aged 65 and over suggest about Japanese senior citizens?

- ① It is crucial to work for income because money is important for *ikigai*.
- ② To maintain functional capacity, it is better to forget about *ikigai* and work for income.
- ③ Both people who work for *ikigai* and those who work for income can lead equally healthy lives.
- ④ People who work for *ikigai* have less risk of functional decline than those who just work for income.

(4) Which of the following is the best title for the passage?

- ① When *Ikigai* Became a New Term in Japan
- ② What Matters When You Are Not Young Anymore
- ③ *Ikigai*: The Japanese Secret to a Joyful Life
- ④ The Secret of Why *Ikigai* is Found Only in Japan

問題Ⅱ 次の英文を読んで、後に続く各問題文の空所に入れるのに最も適切なものを、それぞれの①～④の中から一つずつ選び、マークして答えなさい。

Today, many assume that anxious feelings are essentially and inevitably bad for us in both the short and long term—and that they must be eliminated. Surprisingly enough, however, a growing body of research suggests that it is our beliefs about our feelings—as much as the feelings themselves—that determine their effects on the brain and body. Negative views of stress and anxiety often worsen our problems. And by learning to view these uncomfortable feelings more positively, we may even be able to use some forms of stress to our advantage.

To understand how this may be so, let's consider a concrete example. Imagine that you are facing a difficult exam or an interview that is going to determine your future career path. If you are like most people, your pulse will speed up, and your rate of breathing might increase too—and you may well assume that this stress response will damage your performance. How are you meant to concentrate, after all, if it feels as if your heart is about to break through your rib cage?<sup>(注1)</sup>

Now consider an alternative possibility: the “physiological arousal” that you are experiencing is a response that helps you to deal with new challenges. Heavier breathing, for example, fills your lungs with oxygen, and the racing pulse ensures that your blood can carry fuel to the brain—changes that should sharpen your thinking. Rather than attempting to suppress your feelings, you can go with the flow—knowing that they could improve your performance.<sup>(注2)</sup>

Studies have now shown that simply presenting these facts to anxious people can help to shift their attitudes, so they no longer interpret these sensations as a sign of impending failure.<sup>(注3)</sup> And that, in turn, improves their performance on difficult challenges, such as maths tests—sometimes by a considerable margin.

Overall, it seems that negative beliefs about anxiety and stress create a kind of vicious cycle<sup>(注4)</sup> that pushes us into ever more destructive ways of thinking. The result is that the body and brain start to react more and more as if they are in real physical danger and the only options are to fight or to run away. If we begin to see those feelings as a potential source of energy and motivation, however, we can break that cycle.

Of course, it's not necessarily easy to pull off this shift in attitude. Western culture generally teaches us to get stressed about stress—and the habit can become deeply ingrained. This is not about “toughing it out”, which, if you're struggling to cope, can be a recipe for disaster. Nor is it about learning to simply put up with unacceptable workloads or damaging relationships. But as you encounter some of life's smaller challenges, consider whether you might begin to view your anxiety a little more kindly, as a potential source of energy and resilience. To misquote Shakespeare's Hamlet, stress may be neither good nor bad—but thinking makes it so.

[Adapted from <https://www.theguardian.com/> (一部省略)]

【出典：The big idea: is it time to stop worrying about stress? by David Robson. The Guardian, 14 Feb 2022. Copyright Guardian News & Media Ltd 2024.】

- (注1) rib cage = 胸郭《肋骨や背骨など胸部の外郭を形作る骨格》  
 (注2) physiological arousal = 生理学的覚醒《心拍や呼吸が早くなること》  
 (注3) impending = いまにも起こりそうな、切迫した  
 (注4) vicious cycle = 悪循環  
 (注5) ingrained = 根付いた  
 (注6) tough it out = 頑張りぬく  
 (注7) resilience = 回復力、立ち直る力  
 (注8) misquote = 誤って引用する《シェイクスピアの戯曲『ハムレット』のセリフ“*There is nothing either good or bad, but thinking makes it so*”をもじっている》

(1) The reason why some people have negative views of stress and anxiety is that these feelings are .

- ① supposed to lead to physiological arousal
- ② interpreted as a sign of unavoidable failure
- ③ believed to be an essential part of human nature
- ④ linked directly to some kind of heart disease

(2) According to the passage, you should .

- ① use anxious feelings to your advantage by viewing them positively
- ② reduce stress by breathing heavily to send more oxygen to your brain
- ③ suppress your feelings when you feel very nervous and stressed
- ④ ease stress by reacting as if you are in real physical danger

(3) The underlined phrase “to pull off” in the last paragraph means “.

- ① to postpone an event or appointment
- ② to succeed in achieving something
- ③ to stop a car by the side of a road
- ④ to fight hard against something

(4) The main theme of this passage is stress and .

- ① its effects on your future career path
- ② its effects on work-life balance
- ③ the importance of facing difficult challenges in life
- ④ the importance of looking on the bright side

問題Ⅲ 次の(1)～(12)の文中の空所に入れるのに最も適切なものを、それぞれの①～④の中から一つずつ選び、マークして答えなさい。

- (1) The number of students who enter the school  year after year.
- ① increasing                      ② is increasing  
③ having increased                ④ are increased
- (2) There isn't  bread in the kitchen.
- ① any                      ② some                      ③ few                      ④ little
- (3) That professor is  a teacher as an entertainer.
- ① as                      ② not such                      ③ not as                      ④ not so much
- (4) My aunt hates .
- ① having her hair cut short        ② having her hair cutting short  
③ getting her hair to cut short      ④ getting her hair cutting short
- (5) I don't know when she will return, but when she , I will let you know.
- ① does                      ② will do                      ③ did                      ④ had done
- (6) Mr. Jones needs to find not only a new job, but also an apartment .
- ① living                      ② living for  
③ to live with                      ④ to live in
- (7) If you need a dictionary for that class, I'll lend you .
- ① lease                      ② much                      ③ one                      ④ ones

- (8) The company created the product  customers could save time.
- ① in case                      ② when                      ③ so that                      ④ if
- (9) Never  heard such a stupid thing in my life!
- ① I didn't                      ② haven't I                      ③ did I                      ④ have I
- (10) Thomas  had only three months of formal education.
- ① Edison, who invented motion pictures,  
② Edison who invented motion pictures  
③ Edison invented motion pictures  
④ Edison, whose motion pictures invented,
- (11) The employees requested that their privacy .
- ① was protecting                      ② protecting  
③ is being protected                      ④ be protected
- (12) I was surprised  that my son got a famous award.
- ① at telling                      ② told                      ③ by telling                      ④ to be told

問題Ⅳ 次の(1)~(6)の日本語の意味を表すように、それぞれ下の①~⑦の語を並べかえて空所を補い英文を完成しなさい。解答は  ~  に入るべきものをマークして答えなさい。

- (1) 自分が成し遂げたいことは諦めるな。

Don't \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ pursue.

- ① on            ② to            ③ you            ④ up  
⑤ want        ⑥ give        ⑦ what

- (2) ボランティア活動をすることは、人として成長する手だてとなるだろう。

Volunteering \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ a person.

- ① grow        ② way        ③ to            ④ be  
⑤ a            ⑥ as           ⑦ can

- (3) このような難しい問題に取り組むことで思考力が鍛えられる。

You \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ these difficult problems.

- ① skills        ② your        ③ by            ④ develop  
⑤ tackling    ⑥ thinking    ⑦ can

- (4) 寝不足は、成長と健康の大敵である。

Lack \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ growth and health.

- ① of            ② great        ③ is            ④ enemy  
⑤ to            ⑥ a            ⑦ sleep

- (5) 彼の言っている事は分かるし正しいかもしれないが、私はやはり賛成できない。

Although I \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ right, I just cannot agree.

- ① he            ② point        ③ see            ④ might  
⑤ and           ⑥ be            ⑦ his

- (6) 新学期の始めに、時間管理能力を高めるのは難しい。

It is difficult \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ of a new school term.

- ① skills        ② beginning    ③ at            ④ to  
⑤ improve    ⑥ the           ⑦ time-management

問題Ⅴ 次の(1)~(5)に与えられた定義に最も合う語句を、それぞれの①~④の中から一つずつ選び、マークして答えなさい。

- (1) a group of businesses that are controlled as one large organization

33

- ① a department                      ② a corporation  
③ a facility                              ④ a committee

- (2) just enough; only what is necessary, nothing more

34

- ① shortly            ② evenly            ③ merely            ④ relatively

- (3) done in a way that is strong, secure, or solid

35

- ① completely    ② firmly            ③ fairly            ④ surely

- (4) ready to give money, time, or help when needed

36

- ① cheerful            ② wealthy            ③ polite            ④ generous

- (5) to quit a job, work, or employment; usually because of age

37

- ① to promote    ② to transfer    ③ to retire            ④ to depart

問題Ⅵ 次の英文を読んで、38 ~ 52 に入れるのに最も適切なものを、それぞれの①~④の中から一つずつ選び、マークして答えなさい。

The Asian elephant is an endangered species with only an estimated 20,000-40,000 individuals left in the wild. One of the biggest problems is that humans are occupying more and more of the elephant's natural habitats each year. This limits the resources elephants need to survive. With less <sup>(注1)</sup> 38 for them to move around, elephants have to live closer to people. This can sometimes lead to either humans or elephants being injured or killed.

Myanmar is one of the last, and best, places for Asian elephants to 39 . It has the most habitat left of all the countries where Asian elephants live. But there are also a lot of people living in rural areas in Myanmar. Many of them are farmers who grow crops to make a living. Elephants living there often try to eat the crops—like rice or cashew nuts—since they are an easy source of food. Farmers have to 40 their crops (especially at night) to keep them safe from the elephants. They use firecrackers, <sup>(注2)</sup> flashlights <sup>(注3)</sup> or loud shouting to try to scare the elephants away. Sometimes this 41 , but other times the elephants become less sensitive to these methods or feel threatened by them. A threatened elephant may attack people or 42 fences, crops, and sometimes homes. But before we can fix a problem as big as human-wildlife conflict, we need to understand how it impacts people.

Our study identified the problems that people face living alongside elephants. The direct impacts include losing crops or facing damage to property. But people can also experience indirect impacts. One example is extreme stress from being 43 elephants. Understanding both the direct and indirect impacts of human-wildlife conflict is important so we can help people find 44 to feel safer around their giant neighbors.

We developed a questionnaire and went to two rural areas in Myanmar. We then interviewed 381 people in 44 villages to learn about their backgrounds (for example, what their jobs were, and how long they had lived in the area), their knowledge about elephants, and their experiences with elephants.

We found that many people experienced direct impacts. Around one in three people had been 45 at least once by a wild elephant. Fourteen

percent had had their home damaged by elephants. Three percent of people had a family member killed by wild elephants. Two percent had been hurt by elephants.

But almost everyone (99 percent) had experienced indirect impacts from conflict with elephants. Most people commonly  for the safety of their family and worried that their crops or houses would be destroyed.  a quarter (26 percent) reported that their children were unable to attend school when elephants were near their homes.

Despite these challenges, it was extremely encouraging to find that villagers expressed strong support for the  of elephants and elephant habitat. Many people stated that elephants are a key part of the cultures and religions of Myanmar, and important for the health of the ecosystem.<sup>(注4)</sup>

So, how do we reduce conflict between humans and elephants? Government and conservation organizations<sup>(注5)</sup> often only look at the  problems. This leaves out many of the indirect impacts. Actions that could help with these indirect problems include: working with communities to  safe behavior around elephants, increasing access to medical services for people injured by elephants, and making construction material and agricultural supplies more . This enables people to rebuild their homes and plant their crops again.

We hope that our study will help with managing these conflicts. People are more likely to protect wild elephants if they understand why elephants behave certain ways and if they have fewer  experiences from living near them.

[Adapted from <https://www.sciencejournalforkids.org/> (一部省略)]

【出典：Christie Sampson, et al. (2022) How can we help improve human-elephant conflict? Science Journal for Kids. [https://www.sciencejournalforkids.org/wp-content/uploads/2022/02/elephant\\_conflict\\_article.pdf](https://www.sciencejournalforkids.org/wp-content/uploads/2022/02/elephant_conflict_article.pdf)】

(注1) habitat = 生息地

(注2) firecracker = 爆竹

(注3) flashlight = 閃光を発する装置, 懐中電灯

(注4) ecosystem = 生態系

(注5) conservation = 保護

(1)

① space      ② stress      ③ time      ④ money

(2)

① survive      ② swim      ③ escape      ④ vanish

(3)

① sell      ② plant      ③ guard      ④ produce

(4)

① happens      ② works      ③ moves      ④ fails

(5)

① destroy      ② steal      ③ cover      ④ eat

(6)

① judged by      ② in harmony with  
③ afraid of      ④ absent from

(7)

① impacts      ② doctors      ③ shelters      ④ solutions

(8)

① killed      ② chased      ③ rejected      ④ encouraged

(9) 46

- ① searched      ② thanked      ③ feared      ④ apologized

(10) 47

- ① Over      ② Under      ③ On      ④ With

(11) 48

- ① operation      ② protection      ③ rules      ④ activities

(12) 49

- ① direct      ② universal      ③ minor      ④ environmental

(13) 50

- ① avoid      ② risk      ③ reduce      ④ teach

(14) 51

- ① available      ② liable      ③ visible      ④ burnable

(15) 52

- ① real-life      ② long-lasting  
③ negative      ④ broad