

2019年度

B₂ 英語問題

注意

1. 試験開始の指示があるまでこの問題冊子を開いてはいけません。
2. 解答用紙はすべてHBの黒鉛筆またはHBの黒のシャープペンシルで記入することになっています。HBの黒鉛筆・消しゴムを忘れた人は監督に申し出てください。(万年筆・ボールペン・サインペンなどを使用してはいけません。)
3. この問題冊子は12ページまでとなっています。試験開始後、ただちにページ数を確認してください。なお、問題番号はI～IVとなっています。
4. 解答用紙にはすでに受験番号が記入されていますので、出席票の受験番号が、あなたの受験票の番号であるかどうかを確認し、出席票の氏名欄に氏名のみを記入してください。なお、出席票は切り離さないでください。
5. 解答は解答用紙の指定された解答欄に記入し、その他の部分には何も書いてはいけません。
6. 解答用紙を折り曲げたり、破ったり、傷つけたりしないように注意してください。
7. この問題冊子は持ち帰ってください。

マーク・センス法についての注意

マーク・センス法とは、鉛筆でマークした部分を機械が直接よみとって採点する方法です。

1. マークは、下記の記入例のようにHBの黒鉛筆で枠の中をぬり残さず濃くぬりつぶしてください。
2. 1つのマーク欄には1つしかマークしてはいけません。
3. 訂正する場合は消しゴムでよく消し、消しきずはきれいに取り除いてください。

マーク記入例：

A	1	2	3	4	5
	○	○	●	○	○

 (3と解答する場合)

I. 次の文を読み、下記の1～10それぞれに続くものとして、本文の内容ともっともよく合致するものを、各イ～ニから1つずつ選び、その記号を解答用紙の所定欄にマークせよ。

Today's teens and tweens have built up an impressive amount of daily screen time. Figures put it at between six to eight hours a day for 11–15 year-olds, and that's not including time spent on a computer for homework. In fact, even the average UK adult spends more time looking at a screen than they do sleeping, according to one analysis. It starts early. A third of UK children have access to a tablet before they are four. It's no surprise, then, that today's youngest generation will be exposed to (and no doubt join) the social networks their elders already use. Snapchat, for instance, is extremely popular among teens. One December 2017 survey found that 70% of US teens aged 13–18 use it. Most of those questioned also have an Instagram account. Figures are similar in the UK. Over three billion of us are now registered on a social network, many of us on more than one. We spend a lot of time there.

This trend is now exposing some worrying results and, staying hot on the heels of social media's popularity, researchers are interested in the impact it is having on many aspects of our health, including sleep, the importance of which is currently gaining unprecedented attention.

So far it does not look good. We're now coming to terms with the fact that social media has some clearly negative impacts on our sleep and with that, our mental health.

Ever since the rapid rise of social media, Brian Primack, director of the Center for Research on Media, Technology and Health at the University of Pittsburgh, has been interested in its impact on society. Along with Jessica Levenson in the University's school of medicine, he examines the relationships between technology and mental health, looking at the good and the bad.

When considering a link between social media and depression, they expected there to be a dual effect—that social media might sometimes relieve depression, and sometimes worsen it, results which might plot out nicely in a “U-shaped” curve on a graph. However, a survey of almost 2,000 people revealed something much more surprising. There was no curve at all, the line was straight, and in an undesirable

direction. Put another way, an increase in social media is associated with an increase in the likelihood of depression, anxiety, and a feeling of social isolation. “In an objective way, you might say this person is interacting with friends, passing on smiles and *emojis*, and you might say that person has a lot of social capital, that they are very engaged. But we found those people seem to have more feelings of perceived social isolation,” says Primack.

What is unclear, however, is the exact causal direction: does depression increase social media use, or does social media use increase depression? Primack suggests it could be working both ways, making it even more problematic as “there’s a potential for a vicious cycle.” The more depressed a person is the more social media they might then use, which worsens their mental health further.

There is another worrying impact. In a September 2017 study of over 1,700 young adults, Primack and colleagues found that when it comes to social media interaction, time of day plays a fundamental role. Engagement during the last 30 minutes before bed was found to be the strongest indicator of a poor night’s sleep. “It was completely independent of the total amount of time of use in the day,” says Primack. Something about keeping those last 30 minutes tech-free, it seems, is crucial to a restful slumber.

There are several factors that could explain this. A now well-told caution is that the blue light emitted from our screens interferes with our melatonin levels—a chemical that effectively tells us that it’s time to nod off. It could also be possible that social media use increases a person’s anxiety as the day goes on, making it hard to switch off when we finally go to bed. “Then thoughts and feelings come back to haunt us as we try to go to sleep,” says Primack. Or a more obvious reason might be that social media is deeply appealing and simply reduces the time we have for sleep.

We know that physical activity helps people sleep better. More screen time is also likely to reduce time spent for physical activity, a link that has been established by research. “It leads to more sedentary behaviour during the day. If you have a smart phone in your hand, you won’t be swinging your arms as quickly or moving your legs. If you add that up over six months, you may have a new generation who are not moving as much each day,” says Aric Sigman, an independent lecturer in child health education.

If social media use is magnifying anxiety and depression, it could then, in turn, impact sleep. If you lay in bed awake comparing yourself to other people's posts ranging from #feelingblessed, #myperfectlife, to touched-up holiday snapshots, you might well believe that your life is somewhat drab in comparison, which could make you feel worse and keep you up.

And so it seems there is a merry-go-round of interrelated issues at play. Social media is linked to increased depression, anxiety and sleep deprivation. And a lack of sleep can both worsen mental health and be a result of mental health issues.

A lack of sleep has other side-effects: it has been linked to an increased risk of heart diseases, obesity, poor academic performance, slower reaction times when driving, risky behaviour, increased drug use... the list goes on.

What's worse is that when it comes to sleep deprivation, it's usually young people who are most negatively affected. That's because adolescence is a time of important biological and social changes that are critical to development.

Adolescents also take longer to build up what's called a "sleep drive"—which is the drive that helps you to fall asleep the longer you have been awake, explains Jessica Levenson. This contributes to teens in particular having a harder time falling asleep at night, she says.

Levenson now worries that social media use, and the literature and research around it, is growing and changing so quickly that it is difficult to keep up. "It's our responsibility to explore the impacts, good or bad," she says. "We are just starting to cover the impact of social media use. Teachers, parents, and doctors need to be asking teens: How often? When? How do they feel when using it?"

To combat any downsides of social media use, it's clear that moderation is key. Sigman says we should all set aside particular times throughout the day in which we can distance ourselves from our screens, and do the same for children. Parents, he argues, need to have set places in their homes where devices can or cannot be used "so it's not a fluid situation where social media is bleeding into every part of your life without any buffer zones." This is especially important as children have not yet developed adequate levels of impulse control to know when is enough, he explains.

Primack agrees. He is not calling for people to stop using social media, but to consider how much—and exactly when in the day—they do so. "The bottom line is,

when there is all of this power trying to keep us glued to these sites, that's going to be hard for us to compete with," he says. He hopes that strong research and engagement management advice, particularly when it comes to on-and-off times for social media, will help parents and children to gain control. As for adults, if you were on your phone before bed last night, and you feel a bit sleepy today, it may be in your control to fix it.

1. The main purpose of the first paragraph is to
 - イ. list the most popular social networks among young people.
 - ロ. point out how much time people spend on social media.
 - ハ. describe historical changes in the use of the Internet.
 - ニ. question the value of using social networks.

2. In their survey of 2,000 people, Brian Primack and Jessica Levenson found that the effects of social media on mental health are
 - イ. all negative.
 - ロ. all positive.
 - ハ. both negative and positive.
 - ニ. weak.

3. In paragraph 6, Primack and Levenson suggest that it is difficult to draw conclusions about the causal effects of social media on depression because people with depression are
 - イ. not willing to talk about their private lives.
 - ロ. likely to avoid using social media.
 - ハ. difficult to identify in the general population.
 - ニ. inclined to use social media more.

4. In their September 2017 study, Primack and colleagues found that the use of social media in the last 30 minutes before bed
- イ. makes it easy for researchers to study sleeping habits.
 - ロ. is not influenced by the use of social media during the day.
 - ハ. makes it harder for the user to get a good night's sleep.
 - ニ. is a sign of the total amount of social media use during the day.
5. The underlined word "sedentary" (paragraph 9) is closest in meaning to
- イ. dangerous.
 - ロ. emotional.
 - ハ. inactive.
 - ニ. intellectual.
6. The underlined word "drab" (paragraph 10) is closest in meaning to
- イ. busy.
 - ロ. colourful.
 - ハ. confusing.
 - ニ. dull.
7. The passage suggests that a lack of sleep is
- イ. not a serious problem among people who use social media.
 - ロ. both a cause and a result of a variety of health issues.
 - ハ. less harmful for adolescents than for grownups.
 - ニ. one of the main reasons people use social media.
8. One theme of the passage is that
- イ. we are only just beginning to understand the health effects of social media.
 - ロ. innovation in digital technology is not easy to control.
 - ハ. adults are especially vulnerable to the negative effects of social media.
 - ニ. the use of social media helps people cope with mental health concerns.

9. The author would likely agree with all of the following EXCEPT that

- イ. the use of social networks will increase in the future.
- ロ. parents should set an example of proper Internet use.
- ハ. overall, social media has a positive effect on our lives.
- ニ. to stay healthy, people should limit their use of social media.

10. The most appropriate title for this passage is

- イ. Recent Trends of Internet Use in the UK.
- ロ. How Does Social Media Affect Our Health?
- ハ. The Importance of Sleep in the Digital Age.
- ニ. How Does the Internet Affect Modern Lifestyles?

8. On the island of Malaila there was^イ an inn that has been there for many generations. When this story started_□, it was run_ハ by a couple who took_ニ good care of it.

9. The most damaging_イ economic and political effects_□ of the depression were_ハ felt in the UK, and specially_ニ in Germany.

10. An administrator may_イ ask whether it is fair_□ to prolong the career of a senior professor rather than_ハ to promote those of_ニ a young scholar.

Ⅲ. 次の空所(1)～(6)を補うのにもっとも適当なものを、それぞれ対応する各イ～ニから1つずつ選び、その記号を解答用紙の所定欄にマークせよ。

Stacey: Did you hear about the *measles outbreak in Okinawa?

Frank: (1)?

Stacey: Well, last month alone there were over 90 people infected. They expect more this month.

Frank: That sounds like a lot. (2)?

Stacey: Measles spreads from person to person by coughing or physical contact.

Frank: Does wearing a mask or washing one's hands help?

Stacey: Not really. They say the only way to really prevent getting the measles is to get a vaccination. (3).

Frank: Wow, it sounds pretty serious!

Stacey: Yes, they also say that if a person comes in contact with a person who has measles, there is about a 90 percent chance of being infected.

Frank: That's a very high transmission rate! (4)?

Stacey: Yes, but only in less than one percent of cases. Fatality is higher if the person is old, or weak from some other disease.

Frank: Now I'm worried!

Stacey: Have you been vaccinated? Or, have you ever had the measles before?

Frank: I think I was vaccinated as a child, but (5).

Stacey: Well, before 2006, they gave children only one vaccination. Now they give each child two vaccinations.

Frank: Well, I had mine a long time ago. (6)?

Stacey: Oh yes, of course. You can get an MMR shot which is a measles, mumps, and rubella booster.

Frank: I'll go to the clinic tomorrow!

*measles : はしか

- (1) イ. Yes. How can we control it
ロ. Yes. Were you in Okinawa recently
ハ. No. Why did the outbreak occur
ニ. No. How bad is it
- (2) イ. How did you protect yourself
ロ. Is it a dangerous disease
ハ. How does a person get infected
ニ. What happens when you catch it
- (3) イ. It's really beyond human control
ロ. Even vaccines are basically useless
ハ. Doctors are still uncertain how to deal with it
ニ. Masks and hand washing don't help very much
- (4) イ. Can measles be deadly
ロ. What happens when you catch the disease
ハ. Can the disease ever be cured
ニ. Is it common in places like Japan
- (5) イ. it was just a common cold
ロ. I never had the measles myself
ハ. it went away almost immediately
ニ. they didn't do anything about it
- (6) イ. Can adults get the shot again
ロ. Isn't it too late to get the shot
ハ. Should I avoid getting the vaccination
ニ. Have you ever been vaccinated

IV. 次の空所(1)~(7)を補うのもっとも適当なものを、それぞれ対応する各イ~ニから1つずつ選び、その記号を解答用紙の所定欄にマークせよ。

Sumo is the style of Japanese wrestling in which weight, size, and strength are (1) the greatest importance, though speed and suddenness of attack are also useful. The object is to propel the opponent out of a ring or to force him to touch the ground with any part of his body (2) than the soles of his feet. The wrestlers wear only loincloths and grip each other (3) the belt.

In Japan, sumo wrestling was under Imperial patronage between 710 and 1185 and was a popular spectator sport. During this era it was refined from a brutal submission spectacle into a highly ritualized toppling match in which (4) could be gained by forcing the opponent out of a 15-foot circle. Then, under the shoguns, public matches were banned, and martial forms of the sport for the samurai were (5) instead. Professional sumo wrestling in Japan dates from the revival of public matches after 1600 and it is often called the Japanese national sport. Six great championships are (6) annually, attracting immense crowds, and several hundred athletes make their living by this sport. A complex system of ranking leads to the designation of Yokozuna, or "grand champion." Exceptionally agile men weighing 300 pounds or more are common in this sport. Lengthy rituals and elaborate posturings accompany the matches, which are quite brief, often (7) only a few seconds.

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|------------------|---------------|---------------|-------------|
| (1) イ. at | ロ. for | ハ. in | ニ. of |
| (2) イ. less | ロ. more | ハ. other | ニ. rather |
| (3) イ. across | ロ. by | ハ. in | ニ. through |
| (4) イ. access | ロ. energy | ハ. victory | ニ. weight |
| (5) イ. changed | ロ. emphasized | ハ. replaced | ニ. resisted |
| (6) イ. held | ロ. led | ハ. met | ニ. put |
| (7) イ. finishing | ロ. lasting | ハ. persisting | ニ. staying |