

[問題 I] 次の英文を読んで、下の設問に答えなさい。

Most people feel lonely sometimes, but it usually only lasts between a few minutes and a few hours. This kind of loneliness is not serious. In fact, it is quite normal. For some people, though, loneliness can last for years. Psychologists are studying this complex phenomenon in an attempt to better understand long-term loneliness. These researchers have already identified three different types of loneliness.

The first kind of loneliness is temporary. This is the most common type. It usually disappears quickly and does not require any special attention. The second kind, situational loneliness, is a natural result of a particular situation—for example, (1) a divorce, the death of a loved one, moving to a new place, or going away to college. Although this kind of loneliness can cause physical problems, such as headaches and sleeplessness, it usually does not last for more than a year. Situational loneliness is easy to understand and to predict.

The third kind of loneliness is the most severe. Unlike the second type, chronic loneliness usually lasts more than two years and has no specific cause. People who experience habitual loneliness have problems socializing and becoming close to others. (2) Unfortunately, many chronically lonely people think there is little or nothing they can do to improve their condition.

[A] Psychologists agree that one important factor in loneliness is a person's social contacts, e.g., friends, family members, coworkers, etc. We depend on various people for different reasons. [B] However, psychologists have found that the number of social contacts we have is not the only reason for loneliness. [C] It is more important how many social contacts we think or expect we should have. In other words, though lonely people may have many social contacts, they sometimes feel they should have more. They question their own popularity. [D]

Most researchers agree that the loneliest people are between the ages of 18 and 25, so a group of psychologists decided to study a group of college freshmen. They found that more than 50 percent of the freshmen were situationally lonely at the beginning of the semester as a result of their new circumstances, but adjusted after a few months. Thirteen percent were still lonely after seven months (3)_____ shyness and fear. They felt very uncomfortable meeting new people, even though they understood that their fear was not rational. The situationally lonely freshmen overcame their loneliness by making new friends, but the chronically lonely remained unhappy because they were afraid to do so.

Psychologists are trying to find ways to help habitually lonely people for two reasons. First of all, they are unhappy and unable to socialize. Secondly, researchers have found a connection between chronic loneliness and serious illness, such as heart disease. While temporary and situational loneliness can be a normal, healthy part of life, chronic loneliness can be a very sad, and sometimes dangerous, condition.

Reading Choice: Skills for Academic Success (Cengage Learning K.K., 2023).

[注]

psychologist = 心理学者

chronic = 慢性の

e.g. = たとえば

freshmen = 大学1年生

semester = 学期

1. 本文によると、心理学者たちは孤独をどのように分類しているか。その番号をマークしなさい。

1

(1) as three continuous steps

(2) as three distinct types

(3) as three methods to deal with stress

(4) as three research projects

2. 本文によると、下線部 (1) は何の例としてあげられているか。
その番号をマークしなさい。

- (1) important life situations that impact others
- (2) reasons to increase social contacts
- (3) results of constantly feeling loneliness
- (4) events that expectedly cause loneliness

3. 本文によると、下線部 (2) とほぼ同じ内容を示すのは、次の
うちどれか。その番号をマークしなさい。

- (1) Almost everything is a burden, but they change the situation.
- (2) There is scarcely anything they can do to make their circumstances better.
- (3) Nothing works better than improving their physical condition.
- (4) When nothing seems to work, changing little habits may improve their condition.

4. 以下の文は、第4パラグラフの [A] [B] [C] [D] のどこに入れる
のが最もふさわしいか。その番号をマークしなさい。

**For instance, our families give us emotional support, our
parents and teachers give us guidance, and our friends share
similar interests and activities.**

- (1) [A]
- (2) [B]
- (3) [C]
- (4) [D]

5. 下線部 (3) に入れるべき最も適切なものを下に与えられたものの中から選び、その番号をマークしなさい。

5

- (1) despite
- (2) denying
- (3) due to
- (4) during

6. 本文によると、心理学者が慢性的な孤独を感じている人を助けようとしている理由について、どのように説明されているか。その番号をマークしなさい。

6

- (1) A serious physical illness gives purpose to interacting with new people.
- (2) People who are constantly unhappy tend to be alone, and this helps improve a serious illness like heart disease by eliminating stress.
- (3) People who are habitually lonely are not happy, unable to meet people, and are at risk of serious illness.
- (4) At times loneliness can be a healthy part of life for most people, if medically treated by experts.

7. 本文によると、次の文 I~V の内容は、(1)~(3)のどれと一致するか。その番号をマークしなさい。

I. Despite causing physical effects such as sleeplessness and headaches, this loneliness rarely continues for over a year.

7

II. It is the most extreme type.

8

III. It occurs more frequently than the others.

9

IV. It tends to go away fast and does not need special care.

10

V. It is simple to recognize and anticipate.

11

(1) temporary loneliness

(2) situational loneliness

(3) chronic loneliness or habitual loneliness

8. 次の各文で本文の内容に一致しているものには 1 を一致していないものには 2 をマークしなさい。

(1) Even if lonely individuals have numerous social connections, they sometimes feel they lack enough.

12

(2) According to one study, more than half of the freshmen studied experienced situational loneliness at the beginning of the semester.

13

(3) Making new friends did not help the situationally lonely freshmen overcome their loneliness.

14

[問題Ⅱ] 次の会話を読んで、下の設問に答えなさい。

A: Did you see the documentary about the Amazon forest on TV last night?

B: (1)_____. I learned a lot about the Amazon from that program. It's so sad how much of it is being destroyed.

A: More of the Amazon is being lost every year. So many trees are (2)_____ for farming. Much of the Amazon is already gone.

B: The Amazon is a very serious issue, but it's not the only one. What do you think we can do?

A: Well, we can start out by spreading (3)_____ and reducing waste.

B: The more people know, the better. I have been trying to recycle more.

A: Also, I think (4)_____ leaders who care about the environment is effective.

B: Exactly. Stronger policies to protect wildlife and prevent pollution can really (5)_____.

1. 下線部 (1) に入れるべき最も適当なものを下に与えられたものの中から選び、その番号をマークしなさい。

15

- (1) Certainly
- (2) Thank you
- (3) Of course not
- (4) How lucky I am

2. 下線部 (2) に入れるべき最も適当なものを下に与えられたものの中から選び、その番号をマークしなさい。

16

- (1) planted
- (2) cut down
- (3) blooming
- (4) nice and healthy

3. 下線部 (3) に入れるべき最も適切なものを下に与えられたものの中から選び、その番号をマークしなさい。

17

- (1) damage
- (2) awareness
- (3) misunderstanding
- (4) ignorance

4. 下線部 (4) に入れるべきものとして最もふさわしくないものを下に与えられたものの中から選び、その番号をマークしなさい。

18

- (1) choosing
- (2) voting for
- (3) rejecting
- (4) electing

5. 下線部 (5) に入れるべき最も適切なものを下に与えられたものの中から選び、その番号をマークしなさい。

19

- (1) make things worse
- (2) create more problems
- (3) make a difference
- (4) help reduce the Amazon

[問題Ⅲ] 次の各文の空所に入れるべき最も適当なものをそれぞれに与えられたものの中から選び、その番号をマークしなさい。

1. I turned off my sister's computer, though I was told ().

- (1) not do it
- (2) not to
- (3) to do not
- (4) to not

20

2. It would be great to have a bicycle to go to the park. I need to save money to buy ().

- (1) one
- (2) it
- (3) other
- (4) the other

21

3. Given the security camera, there is () the fact that he broke into the shop yesterday.

- (1) no deny
- (2) not deny
- (3) not to deny
- (4) no denying

22

4. I was late for class because my alarm clock didn't () this morning.

- (1) take off
- (2) go off
- (3) set up
- (4) get on

23

5. “Who is that person () by the wall?” “He is my uncle.”

(1) sitting

24

(2) sits

(3) sit

(4) to sit

6. She is a friend () I can talk about anything.

(1) whom

25

(2) with whom

(3) whoever

(4) who

7. There are tall trees on () side of the street.

(1) both

26

(2) two

(3) other

(4) either

8. It is so noisy outside that we keep the window () all day.

27

(1) close

(2) to close

(3) closing

(4) closed

英語

解答

問題 I	解答
1	②
2	④
3	②
4	②
5	③
6	③
7	②
8	③
9	①
10	①
11	②
12	①
13	①
14	②

III	解答
20	②
21	①
22	④
23	②
24	①
25	②
26	④
27	④

IV	解答
28	③
29	④
30	⑤
31	①
32	②

問題 II	解答
15	①
16	②
17	②
18	③
19	③