

2023年度入学試験問題

英 語

注 意

- 1 問題冊子は1冊（10ページ）、解答用紙は4枚です。
- 2 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁及び解答用紙の汚れ等により解答できない場合は、手を高く挙げて監督者に知らせなさい。
- 3 すべての解答用紙に、それぞれ2箇所受験番号を記入しなさい。
- 4 解答は、すべて解答用紙の指定されたところに書きなさい。
- 5 試験終了後、問題冊子は必ず持ち帰りなさい。

問 1 次の英文を読んで、下の設問に答えなさい。

Sleep is critical for good health. It helps us form memories and solve problems, allows tissue growth and repair, promotes metabolic health, and removes toxic substances from the brain, including some which are linked to Alzheimer's disease. Insufficient and interrupted sleep is now known to result in altered emotional responses such as anxiety, loss of empathy, impulsive behaviour, and a reduced sense of humour. Cognitive performance is also negatively affected, leading to a loss of attention, concentration, communication, decision making, creativity, and the ability to multitask. Finally, poor sleep affects physical health, leading to an increased risk of stroke, heart attack, infection, cancer, obesity, type 2 diabetes, and mental illness. Hopefully this comprehensive list will convince you that insufficient sleep is so much more than the inconvenience of feeling tired at the wrong time. It should also prompt the question: so what is "good sleep"?

We are regularly told that the "ideal" night of sleep consists of eight uninterrupted hours. But this belief is wrong in so many ways. ①Sleep is like shoe size. One size does not fit all, and these kinds of beliefs cause confusion and anxiety for many. The truth is that how long we sleep, when we prefer to sleep, and how many times we wake during the night vary both between people and in the same person as they get older.

Most young and middle-aged people (18 to 64 years) sleep between seven and nine hours each night, but some perfectly healthy individuals may sleep six or even 11 hours. After 64, the average amount of sleep is between seven and eight hours, but the full range can be between five and nine hours. So, sleep shortens as we age. We see the same variety with sleep timing. Your sleep timing type refers to whether you are an early riser, a night owl, or in between. This is greatly influenced by your biological clock. But these clocks change with age. As teenagers and young adults, people tend to have late bedtimes, which move earlier in their middle and older years.

What about waking up in the middle of the night? For some reason we have decided that a single period of sleep without waking is normal. But this is almost certainly not the normal state for most of us. Multiple studies have shown that sleep in humans and other mammals often doesn't come in a single consolidated block. Instead, sleep can occur in two periods or even multiple periods, separated by short periods of being awake. It seems that our 24/7 society, the use of artificial light and a reduction in the time available for sleep at night has encouraged us to squeeze sleep into a single period.

Importantly, studies have shown that if we wake at night, sleep is likely to return, if it is not sacrificed to social media, worrying, or other behaviours that prevent sleep. Remember, this may even represent our ancestors' pattern of sleep. If you do wake, stay calm, and if you stay awake, don't remain in bed getting increasingly frustrated. Leave the bed, keep the lights low, and engage in a relaxing activity such as reading or listening to comforting music. Then return to bed when you are ready for more sleep.

Recently, people have been turning to apps to monitor their sleep. But these are too often sources of misinformation. They come in a variety of different forms, but generally measure a combination of movement, sound, heart and breathing rates, and skin temperature. They can be useful in telling you roughly when you went to sleep, how many times you got up in the night, and your total sleep time. This data is then combined by some form of calculation to extract a so-called sleep rating. But sleep quality data is difficult to assess and may as a result be deeply misleading. So, don't take them too seriously and certainly don't worry about a poor sleep rating.

Given all of its benefits, you still might want to know whether you are getting good sleep or not. Well, it's not actually that difficult to tell. If you feel you can do what you need to do during the day without significant tiredness, you are probably fine. If, on the other hand, you're dependent on another person to get you out of bed; if you get up late on free days and especially when you're on holiday; if you take a

long time to wake up and feel alert; if you feel sleepy and frustrated during the day and want to have a mid-afternoon nap; if you feel the need for caffeinated or sugar-rich drinks – these may be signs that you’re not prioritising good sleep sufficiently. More seriously, if family, friends, or work colleagues comment that you are more easily frustrated, less reflective and more impulsive, or if you become aware of decreased productivity, increased worry, anxiety, mood swings, or depression, lack of sleep could be partly responsible. You may need to take steps like drinking less alcohol, eating more healthily, exercising, or seeking ways to reduce stress, so that you naturally get better sleep.

But remember: Sleep is dynamic, and everyone has different sleep patterns. Do not be pressured by rigid commands that you “must” do this or that. Take control of your sleep, understand it, embrace it, and – above all – enjoy it.

(注) 24/7 年中無休の

[Russell Foster, The big idea: have we been getting sleep all wrong? *The Guardian*, May 23, 2022. より抜粋, 一部改変]

1. According to the passage, which of the following is NOT a side effect of poor sleep? Circle the best answer.
 - (A) inferior decision making
 - (B) lack of empathy
 - (C) more deliberate behaviour
 - (D) more risk of heart attack
2. According to the passage, if you wake up during the night, what is the best thing to do? Circle the best answer.
 - (A) Do some exercises to get tired.
 - (B) Get out of bed for some time and wait for sleep to come.
 - (C) Go on social media to get tired.
 - (D) Stay in bed for some time and wait for sleep to come.
3. 下線部①について、本文に即して日本語で説明しなさい。
4. 睡眠アプリを使用する上で、(a) その役に立つ点、(b) 問題点、および (c) 筆者からのアドバイスについて、それぞれ本文に即して日本語で説明しなさい。

問 2 次の英文を読んで、下の設問に答えなさい。

The so-called ①“bullshit jobs theory” – which argues that a large and rapidly increasing number of workers are undertaking jobs that they themselves recognise as being useless and of no social value – contains several major flaws, argue researchers from the universities of Cambridge and Birmingham. Even so, in the journal *Work, Employment and Society*, the academics praise its creator, American anthropologist David Graeber, who died in September 2020, for highlighting the link between a sense of purpose in one’s job and psychological well-being.

Graeber initially put forward the concept of “bullshit jobs” – jobs that even those who do them view as worthless – in his 2013 essay “The Democracy Project.” He further expanded this theory in his 2018 book *Bullshit Jobs: A Theory*, looking at possible reasons for the existence of such jobs. Jobs that Graeber described as bullshit (BS) jobs range from doorpersons and receptionists to lobbyists and public relations specialists to those in the legal profession, particularly corporate lawyers and legal consultants.

Dr Magdalena Soffia from the University of Cambridge said: “There’s something appealing about the bullshit jobs theory. The fact that many people have worked in such jobs at some point may explain why Graeber’s work appeals to so many people who can relate to the accounts he gives. But his theory is not based on any reliable data, even though he puts forward several propositions, all of which are testable.”

To test Graeber’s propositions, the researchers turned to the 2005-2015 European Working Conditions Surveys (EWCS), examining reasons that led to respondents answering “rarely” or “never” to the statement: “I have the feeling of doing useful work.” The surveys – taken in 2005, 2010, and 2015 – gather information on the usefulness of the job, workers’ well-being, and the quality of work.

According to Graeber, somewhere between 20% and 50% of the workforce –

possibly as many as 60% – are employed in BS jobs. Yet the EWCS found that just 4.8% of EU workers said they did not feel they were doing useful work. The figure was slightly higher in the UK and Ireland, but still only 5.6% of workers.

Graeber also claimed that the number of BS jobs has been “increasing rapidly in recent years,” despite presenting no evidence. Again the researchers found no evidence to support this hypothesis – in fact, the percentage of people in BS jobs fell from 7.8% in 2005 to just 4.8% in 2015 – exactly the opposite of Graeber’s prediction.

His next hypothesis was that BS jobs are concentrated in particular professions, such as finance, law, administration, and marketing, and largely absent in others, such as those linked to public services and manual labour. However, when the researchers ranked the occupations by the proportion of people who rated their job as rarely or never useful, they found no evidence for the existence of occupations in which the majority of workers feel their work is not useful.

The authors found that workers in some occupations, such as teachers and nurses, generally see themselves as doing useful jobs, while sales workers are above average in the proportion rating their job as not useful (7.7%). Even so, most of the results contradict Graeber’s ②assertion. For example, legal professionals and administration professionals are all low on this ranking, and jobs that Graeber rates as being examples of essential non-BS jobs, such as garbage collectors (9.7%) and cleaners and helpers (8.1%), are high on this scale.

Not everything that Graeber suggested was wrong, however. He argued, for example, that BS jobs are a form of ③“spiritual violence” that leads to anxiety, depression, and misery among workers. The team found strong evidence between the perception of one’s job as useless and an individual’s psychological well-being. In the UK in 2015, workers who felt their job was not useful scored significantly lower on the World Health Organisation Well-Being Index than those who felt they were doing useful work (an average of 49.3 compared with 64.5).

Given that a substantial number of people do not view their jobs as useful,

what then leads to this feeling? The team found that those individuals who felt respected and encouraged by management were less likely to report their work as useless. By contrast, when employees experience management that is disrespectful, inefficient, or poor at giving feedback, they were less likely to perceive their work as useful.

Similarly, individuals who saw their job as useful tended to be able to use their own ideas at work (an important element for feeling that your job provides you with the ability to make the most of your skills), which was linked with a perception of usefulness. There was a clear relationship between the extent to which people felt that they had enough time to do their job well and their rating of the usefulness of their job, suggesting that one source of feeling a job to be useless is the pace at which one is working, affecting the ability to realise one's potential and capabilities. Other factors linked with feeling that a job was worthwhile included support by managers and colleagues and the ability to influence important decisions and the direction of an organization.

Professor Brendan Burchell from the University of Cambridge said: "Although the data doesn't always support David Graeber's claims, his insightful and imaginative work played an important role in raising awareness of the harms of useless jobs. He may have been completely wrong with regards to how common BS jobs are, but he was right to link people's attitudes towards their jobs to their psychological well-being, and this is something that employers – and society as a whole – should take seriously. Most importantly, employees need to be respected and valued if they in turn are to value – and benefit psychologically as well as financially from – their jobs."

[Neil Franklin, The bullshit jobs theory may turn out to be, well... June 7, 2021.
より抜粋, 一部改変]

1. 下線部①とはどういうものか。その内容を本文に即して日本語で説明しなさい。
2. According to the passage, what was Graeber wrong about? Circle the best answer.
(A) Bullshit jobs lead to mental health problems.
(B) Many people are employed in bullshit jobs.
(C) The number of bullshit jobs is decreasing.
(D) Working alone makes people feel their job is useless.
3. Which of the following choices CANNOT replace the word ②assertion? Circle the best answer.
(A) argument
(B) claim
(C) declaration
(D) expectation
4. According to the passage, which of the following choices CAN replace the phrase ③“spiritual violence”? Circle the best answer.
(A) harm to the economy
(B) harm to well-being
(C) increased anger
(D) physical abuse
5. 人が自分の仕事が役に立っていると感じるのは、どのような場合か。本文に即して日本語で4つ簡潔に述べなさい。

問 3 次の文章を読んで、下線部①、②、③を英語にしてください。

若いダンサーとのつきあい方ですか？ そんなに年齢は意識していないけど、①会社の
ような組織で年の離れた同僚との距離の取り方に悩むのはわかる気がします。僕は普段か
ら、ありとあらゆる人と連絡先を交換して食事したり、飲みに行ったりはしないんですね。
そこはきちんと分けているから、仕事の現場でどう接するかが大事になってくる。

気になることは短く、的確に伝えるように意識しています。頭の中で言いたいことを何
度もリフレインして、どんな言葉がいいのかもよく考える。そうやって練りに練った言葉
を伝えて、それでも理解しなかったり何度も同じミスを繰り返したりしたら、才能の限界
なのかもって思う。そこは厳しいかもしれませんが。あまり言わないぶん、いい緊張感があ
りますね。②自分のほうが経験が多いと何か言いたくなってしまうけど、ひとりでもがく
時間も必要なんじゃないかな。

そして、いいなと思ったことはちゃんと伝えます。③ほめられると、人って明らかに表
情がよくなって自信に満ちあふれた顔になるんです。ダンサーの子たちが「楽しくてしよ
うがない」と言ってくれるのが本当にうれしいです。

〔「(地図を広げて) この仕事は愛が返ってくる 香取慎吾」『朝日新聞 DIGITAL』 2022 年
6 月 5 日 より抜粋, 一部改変〕

問 4 次の英文を読んで、指示に従って英語で答えなさい。

Imagine you could change or create any national law (civil law, criminal law, etc.) or common rule (family rule, school rule, etc.). Which law or rule would you change or create and why? Explain the law or rule, then the reason why you want to change or create it. Write your answer in about 10 lines in English.