

令和 2 年 度

小 論 文

10 : 00 ~ 11 : 30

英 文 学 科
(推 薦)

注 意 事 項

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次の文章を読み、以下の設問に答えなさい。

Although you may hope for nothing but happy circumstances in your life, everyone experiences hardship or loss from time to time. Fortunately, adversity can make you stronger. The key is resilience—the ability to bounce back after big setbacks, and live with joy and purpose.

“There is a difference between coping and being resilient,” says resilience researcher Patrick Dolan, professor of sociology at the National University of Ireland. “Coping is what we do in everyday life. Resilience is going one step further. Specifically, resilient people do better than expected in the face of serious challenges including cancer,” says Dolan.

The scientific study of resilience dates back to the 1940s, when researchers began examining why soldiers in World War II reacted to combat situations differently.

“That really is what led to researchers looking at the whole idea: why is it that some people are resilient in certain stressful situations and other people aren’t?” says Dolan.

Researchers found that men who had experienced stressful events during adolescence, which helped them develop coping skills, were more likely to be resilient adults. Those who encountered very few or no difficulties at all were more vulnerable to depression, anxiety and mental health issues.

Author and psychologist Rick Hanson from the University of California, Berkeley says, “resilience is like a shock absorber inside you. As you build up this unshakable core inside, when the waves of life come, they don’t rock your boat so much. And they don’t capsize you. And you recover more quickly.”

The good news is that you can learn to be more resilient as you age, whether or not you have encountered rough seas in your life.

By the time you’ve reached your 50s or 60s, you’ve undoubtedly experienced

stressors or tragedies such as the death of a loved one, divorce, financial hardship or chronic illness. Despite the pain these experiences create, the perspective they give you can help you persevere during future hardships.

“There’s something called the ‘steeling effect’ to make us stronger,” says Michael Ungar, founder and director of the Resilience Research Centre at Dalhousie University in Canada. “If we’ve come through adversity, that means also we’ve developed a set of coping capacities. We know how to reach out for help. Or we know that this, too, will pass.”

Over time, resilient people develop the mental toughness to face what life throws at them. They learn to cope, even live joyfully, with less-than-ideal circumstances.

Eric Dabas broke his back in a motorcycle accident at age 17, which left him with no use of his legs. His dream to become a truck driver was dashed. For years, he lived with his mother, feeling completely isolated. But at 34, he reached out to a nonprofit organisation that helped disabled people learn to fly. For three years, he flew as a volunteer forest fire spotter. In 2005, he became a professional pilot. “Not a day goes by when I don’t laugh or have fun,” says Dabas. “My life is far more interesting than the life I would have had if I had become a truck driver.”

Resilient people tend to be more hopeful and optimistic, but the benefits don’t end there. Recent studies have found that resilience can help reduce pain, speed recovery from injury, and reduce the risk of heart attack and depression. A 2015 study published in the journal *Psychology, Health & Medicine* found that when people are exposed to stress, those who are resilient are more likely to have higher levels of ‘good’ HDL cholesterol, less body fat and a lower risk of cardiovascular disease than those who aren’t resilient.

Conversely, people who are not resilient are more likely to fall ill. According to French neuropsychiatrist and author Dr Boris Cyrulnik, “People are actually

sicker, catch viruses more easily and are more likely to develop cancer and cardiovascular disease, including heart attack caused by unmanaged emotions.”

“Most of the research on resilience actually shows that most of what makes us resilient is actually outside of us,” says Ungar. But there are techniques you can employ before and during trying times that will enable you to be more resilient.

LET GO OF THE PAST. Don’t get hung up about what might have been. Instead, decide how to improve your present circumstances or attitude. Try a new coping strategy, says resilience researcher Odin Hjemdal of the Norwegian University of Science and Technology. “Ask yourself, ‘What I’m doing at the current moment, is it making me feel better or worse?’” If worse, then try to do something else. If it’s hard to chase away such thoughts, train yourself to treat them as passing.

“If you’re thinking about the marriage that broke and all the things that could have been, tell yourself, ‘I have these thoughts. These thoughts regularly bring me down. Now, could I carry on and do what I plan to do?’”

“It’s all about trying to adjust to the new life,” says Hjemdal. “If you are always thinking about the old life you had, the old plans you had and how you thought life would end up, you may end up miserable.”

BE KIND TO YOURSELF. It’s important to be empathetic — not just to others, but to yourself.

“One of the things about being resilient is not to blame yourself unreasonably,” says Dolan. Instead of trying to fight against painful feelings, you can accept that you’re experiencing a painful moment, which is part of the human experience, then embrace yourself with care and kindness, the way that you would embrace a friend who is experiencing a painful moment.

LOOK TOWARDS YOUR COMMUNITY. Research shows that resilient people are less socially isolated. People in mourning will be more or less resilient, depending on whether they have a strong social network. “In any relationship, one

of the partners is going to die first,” says Dolan. “It’s really key for the remaining partner to have other people in their life, in terms of friendships. The social support that we receive on a continuous basis actually helps enable us to be resilient.”

DEPEND ON YOURSELF. Some situations are out of your control. But when your attitude can help you improve a situation, take advantage of it.

“You don’t need to have had a very stressful life to be resilient in older life,” Dolan says. “It doesn’t matter what age you are, you can still learn the same mechanisms.”

Adapted from Lisa Fields, (June 1, 2019) “Overcome Life’s Setbacks.”

Reader’s Digest Asia Pacific.

問 1 以下の問いに英語で答えなさい。

- (1) What can we learn about resilience from the case of Eric Dabas? Explain it in your own words.
- (2) What are the physical effects of being resilient?

問 2 resilience の内容や特質を本文に即して 200 字程度の日本語で説明しなさい。その上で、あなたが知っている resilient person の具体例をあげながら、resilience について論じなさい。字数は全体で 600 字以内(日本語)とする。アルファベットを使用する場合は、1 マスに 2 字を書くこととする。