

筑波大学人間総合科学学術院  
人間総合科学研究群  
カウンセリング科学学位プログラム

令和3年度入学試験

外国語試験問題

【注意】

- 試験問題は、問題1、問題2、問題3の計3問です。
- 答案用紙は4枚、下書き用紙は4枚あります。
  - ・ 答案は、問題1、問題2（1）、問題2（2）、問題3について、指定された文字数以内で、それぞれの答案用紙1枚以内にまとめてください。
  - ・ 下書き用紙は、自由にお使いください。
- 答案用紙には、受験番号を必ず記入してください。
- 答案用紙の裏面は使用しないでください。
- 試験終了後、この問題冊子と下書き用紙も回収しますので、持ち帰らないでください。

問題 1 以下の英文は、新型コロナウイルス感染症流行期間中のメンタルヘルスと心理社会的健康に関して、われわれが配慮すべき点を世界保健機関（WHO）がまとめたメッセージの抜粋である（2020 年 3 月 18 日版）。これを読み、その概要を日本語で説明しなさい。（600 字以内）

1. COVID-19 has affected people from many countries, in many geographical locations. When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality. Be empathetic to all those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.

2. Do not refer to people with the disease as “COVID-19 cases”, “victims” “COVID-19 families” or “the diseased”. They are “people who have COVID-19”, “people who are being treated for COVID-19”, or “people who are recovering from COVID-19”, and after recovering from COVID-19 their life will go on with their jobs, families and loved ones. It is important to separate a person from having an identity defined by COVID-19, in order to reduce stigma.

3. Minimize watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources so that you can take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not rumours and misinformation. Gather information at regular intervals from the WHO website and local health authority platforms in order to help

you distinguish facts from rumours. Facts can help to minimize fears.

4. Protect yourself and be supportive to others. Assisting others in their time of need can benefit both the person receiving support and the helper. For example, check by telephone on neighbours or people in your community who may need some extra assistance. Working together as one community can help to create solidarity in addressing COVID-19 together.

5. Find opportunities to amplify positive and hopeful stories and positive images of local people who have experienced COVID-19.

6. Honour carers and healthcare workers supporting people affected with COVID-19 in your community. Acknowledge the role they play in saving lives and keeping your loved ones safe.

[出典 : WHO(2020). *Mental Health and Psychosocial Considerations during the COVID-19 Outbreak* を一部変更]

問題2 次の英文を読んで、以下の問いに答えなさい。

著作物にあたるため、公開しておりません。

[出典：Volkow, N.D. et al. (2014). Adverse health effects of marijuana use. *The New England Journal of Medicine*, 370(23), 2219-2227.]

- (1) 下線部①②を日本語に訳しなさい（各200字以内）。
- (2) 若者の大麻使用が特に問題であるのはなぜか。本文をもとに簡潔に説明しなさい（300字以内）

問題3 次の英文を読んで、以下の問いに答えなさい。

著作物にあたるため、公開しておりません。

[出典：van den Toren, S.J. et al. (2020). Young adults' self-sufficiency in daily life: The relationship with contextual factors and health indicators. *BMC Psychology*, 8, Article number 89].

- (1) Self-sufficiency という用語について、具体的に説明しなさい（200字以内）。
- (2) この研究の概要と明らかにしようとしている目的を説明しなさい（300字以内）。