

2021（令和3）年度 神奈川県立保健福祉大学  
一般選抜（前期日程）、特別選抜（私費外国人留学生）

入学者選抜

総合問題試験  
問題用紙

- 試験時間は90分です。
- 指示があるまでは中を見てはいけません。
- 解答はすべて解答用紙に記入してください。

## 問題 I

2 ページの図表は、総務省統計局の「家計調査年報」から作成したものである。表は、1 世帯当たり（二人以上の世帯）年平均 1 カ月間の食料支出額について、1970年の支出額（円）と、これを100としたときの指数の推移を示したものである。図は、1 世帯当たり（二人以上の世帯）年平均 1 カ月間の食料支出額と外食比率・食の外部化比率の推移を示したものである。外食比率とは、食料支出額に占める一般外食支出額の割合（%）をいう。食の外部化比率とは、食料支出額に占める一般外食支出額と調理食品支出額の合計の割合（%）をいう。図表を見て、以下の設問に答えなさい。

問 1 表および図中の  ,  に適切な数値を記入しなさい。 は小数第二位を四捨五入して、小数第一位まで答えなさい。 は小数第一位を四捨五入して、整数で答えなさい。

問 2 2019年の食の外部化比率（%）を求めなさい。小数第二位を四捨五入して、小数第一位まで答えなさい。

問 3 次の（ア）～（エ）について、図表から読み取れる内容と一致しているものをすべて選び、記号で答えなさい。

（ア）2019年の食料支出額は、1990年より大きい。

（イ）1990年のパンへの支出額は、米への支出額を上回っている。

（ウ）2019年の米への支出額は、1970年より40%以上減少している。

（エ）食の外部化に関わる支出における調理食品の占める割合は、近年であるほど大きい。

表 1 世帯当たり（二人以上の世帯）年平均1カ月間の食料支出額

区分	1970年	1990年	2010年	2019年
	支出額(円)			
<b>食料</b>	<b>27,092</b>	<b>291.4</b>	<b>249.4</b>	<b>277.8</b>
米	3,487	147.5	65.3	53.3
パン	484	446.3	478.5	546.1
めん類	431	338.1	322.7	327.4
魚介類	3,577	295.0	178.9	164.5
肉類	2,729	285.2	224.8	266.5
乳卵類	2,048	182.3	159.1	186.1
野菜・海藻	3,612	279.3	228.5	235.1
果物	1,776	211.0	142.5	161.5
油脂・調味料	1,299	230.7	246.7	273.6
菓子類	1,672	316.3	302.6	360.5
<b>調理食品</b>	<b>968</b>	<b>662.5</b>	<b>827.6</b>	<b>ア</b>
飲料	1,137	258.7	328.2	413.2
酒類	1,337	294.6	239.4	238.1
<b>一般外食</b>	<b>2,062</b>	<b>538.3</b>	<b>504.7</b>	<b>575.9</b>
学校給食	351	355.8	286.0	242.2

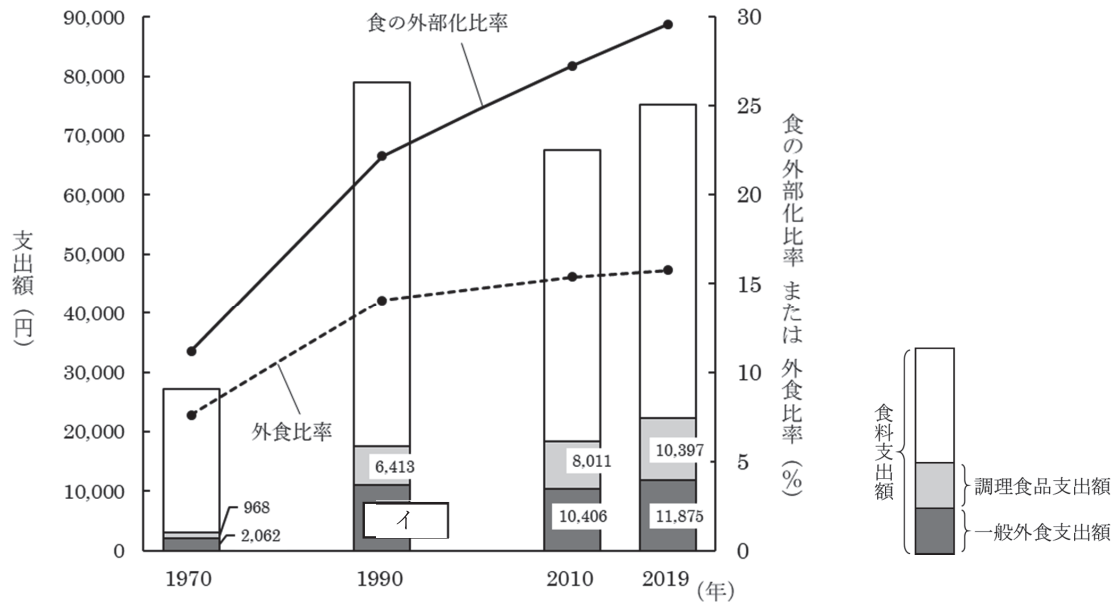


図 1 世帯当たり（二人以上の世帯）年平均1カ月間の食料支出額と外食比率・食の外部化比率

注1：表中の「区分」は、「家計調査」の品目分類を再分類したものである。

注2：1990年までは農林漁家世帯を除く。

出典：総務省統計局「家計調査年報」、子ども資料年鑑2020版より抜粋（一部改変）

問題Ⅱ 次の英文を読み、以下の設問に答えなさい。

“Optimists are more likely to live longer than those who have a more negative approach to life, a US study has found,” BBC News reports. The Mail Online <sup>(注1)</sup> reports on the same study claiming that “Optimists are up to 70% more likely to live to be 85”.

The study used information collected from male war veterans and female nurses taking part in 2 long-running studies in the US. The participants were around 60 to 70 years old when they completed optimism questionnaires, and the researchers looked at whether optimism was linked to living longer. People who had the highest optimism scores had a lifespan about 9% longer than those with the lowest scores. But despite media reports, the most optimistic were in fact no more likely to live to age 85. The 70% figure came from a result that had not taken account of all influencing factors. Ultimately this research cannot prove cause and effect. Both optimism and lifespan may be influenced by many hereditary <sup>(注2)</sup>, health, lifestyle and personal factors. People with a good overall standard of health and wellbeing are probably more likely to be optimistic about their future. While researchers attempted to adjust their analysis for these sort of factors, it’s hard to remove their influence fully. It’s also questionable how applicable the results of these optimism assessments, taken 15 to 30 years ago from very specific groups of older US nurses and war veterans, are to the general UK population. ( 1 ), the research highlights the importance that mental health and wellbeing can have on physical health. (中略)

The Nurses’ Health Study <sup>(注3)</sup> recruited female nurses in 1976 and has since followed them with health and lifestyle questionnaires every 2 years. The participants completed an optimism assessment in 2004 (when they were on average 70 years old), and their survival was ( 2 ) until 2014. The Veterans Affairs Normative Aging Study <sup>(注4)</sup> recruited male veterans in 1961, who completed an optimism assessment in 1986 (average age 62) and had their survival ( 2 ) to 2016. ① The researchers say that optimism can be defined either as a disposition (where people have a general tendency to be optimistic), or based on attributions (where people are optimistic because things have generally gone right for them in the past). The Nurses’ Study assessed dispositional optimism, said to “refer to the relatively stable, generalised <sup>(注5)</sup> expectation that positive outcomes will occur across life domains”. This was assessed using the Life Orientation Test-Revised, which asks participants to rate their agreement with 10 statements such as “I usually expect the best” or “It’s easy for me to relax” giving a total score of 0-24. The Veterans’ study assessed optimism based on attributions, said to be “inferred from one’s explanations for prior events”. This was assessed using the Revised Optimism-Pessimism Scale, which assesses over 200 items rating people on a scale from optimism to pessimism. The researchers assessed the link between optimism score and survival. They looked at general life span and “exceptional longevity”—living more than 85 years. They excluded people who died within the first 2 years of doing an optimism assessment to try and rule out the possibility of declining health influencing their optimism (reverse causality). This left them with a total 69,744 women and 1,429 men. The researchers took into account these potential factors that might have influenced the results: ethnicity, marital status, own and spouse’s <sup>(注6)</sup> educational level, depression, long-term conditions such as diabetes <sup>(注7)</sup> and high blood pressure, and lifestyle factors such as diet and smoking. (中略)

Many previous studies have investigated the question of ( 3 ) optimism is linked with improved health and lifespan. And the consensus is there is a positive association. This latest study ( 4 ) this consensus, but does not really stand out as strong, conclusive evidence to end all further debate. The study cannot prove direct cause and effect. Many hereditary, health, lifestyle and personal circumstances may influence both a person’s lifespan and their outlook on life. The analyses tried to adjust for many of these but it is difficult to fully account for all influencing factors. Optimism is in many ways an abstract concept. It was assessed using 2 recognised <sup>(注8)</sup> questionnaires, but it is difficult to know how well they can capture all the nuances of a person’s nature and sense of wellbeing. The study assessed very specific groups of US citizens: majority white, female nurses and male veterans. [ A ]. It’s also uncertain how relevant these assessments are to people today. For example, how applicable the optimism of US war veterans in the 1980s and its relation to their lifespan, is to young adults today. Despite the researchers’ suggestion that “optimism is modifiable”, it’s not always easy to change your outlook. Optimism may be influenced by both your inherent nature and your life circumstances. That said ② there are things you can try to help you cope better with life’s ups and downs.

If you are struggling with feelings of low mood it's also important to contact a health professional or talk to someone who can help you access support.

出典：NHS（国民健康サービス）HP「Reason to be cheerful? 'Optimists live longer' study reports」  
<https://www.nhs.uk/news/mental-health/reason-be-cheerful-optimists-live-longer-study-reports/>  
(最終アクセス2020年12月24日 一部改変)

- (注1) The Mail Online：メールオンライン社 (注2) hereditary：遺伝の  
(注3) The Nurses' Health Study：看護師健康調査  
(注4) The Veterans Affairs Normative Aging Study：退役軍人局標準的加齢研究  
(注5) generalise：generalize (注6) spouse：配偶者  
(注7) diabetes：糖尿病 (注8) recognise：recognize

問1 本文中の(1)～(4)に入る最も適切なものを選び、記号で答えなさい。なお、(2)には同じものが入る。

- |       |              |   |           |   |            |   |               |
|-------|--------------|---|-----------|---|------------|---|---------------|
| (1) ア | Nevertheless | イ | Therefore | ウ | Indeed     | エ | Normally      |
| (2) ア | reduced      | イ | prolonged | ウ | tracked    | エ | started       |
| (3) ア | whether      | イ | what      | ウ | which      | エ | when          |
| (4) ア | support      | イ | supports  | ウ | supporting | エ | had supported |

問2 下線部①の“either～or～”を用いて、次の日本語を英訳しなさい。

「彼は、研究の結果についてメールを送るか電話をするように、Ms Smithから指示されている。」

問3 には次の(ア)～(カ)全ての語句が入る。語句の順番を並べ替えて、文脈に即した適切な文を完成させ、記号で答えなさい(文頭に入る語も小文字で示してある)。

(ア) be assumed (イ) cannot (ウ) everyone (エ) it (オ) represent (カ) these participants

問4 下線部②を和訳しなさい。

問5 本文の内容と一致しているものはどれか。次の(ア)～(オ)から2つ選び、記号で答えなさい。

- (ア) 最近の研究では、楽観主義の点数が最も高かったグループは全体の9%を占める。  
(イ) 15年前から30年前に米国で行われた調査が、現在の英国の人々にどれほど適用できるか明らかではない。  
(ウ) 退役軍人局標準的加齢研究では、楽観主義評価を2016年に終えた。  
(エ) 看護師健康調査において、被験者は10の文章に点数をつける形で回答した。  
(オ) 看護師健康調査や退役軍人局標準的加齢研究では、評価を行ってから除外された者はいない。

問6 本文の趣旨をまとめた上で、それに対するあなたの考えを、日本語500文字以上600文字以内で述べなさい(字数は厳守すること)。

