

# 外国語学部 英米学科 小論文

## 【注 意】

1. 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
2. 試験時間は13時00分から14時40分まで(100分間)です。
3. この問題冊子は表紙以外に5ページあり、解答用紙は3枚あります。
4. 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁および解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせてください。
5. 解答はすべて解答用紙の解答欄に記入してください。
6. 解答用紙の氏名欄を除き、受験者本人の特定につながるような氏名、住所、学校名等は記述しないでください。
7. 解答用紙を持ち出してはいけません。持ち出した場合、試験をすべて無効とします。
8. 試験終了後、問題冊子は持ち帰ってください。

問題 1 次の英文を読んで、下の問いに答えなさい。(120 点)

Are you a dancer? While some of us might answer a strong “No!” to that question, we were all dancers at some point. In fact, as a three-week-old baby, you were already starting to match your movements to the beat of any music you heard. Even if you are not a good dancer, I’ll bet you have trouble staying completely still when you hear your favorite tune.

Dance transports us to a place where we forget about our troubles, which is good for regulating our biological systems and nourishing\* our long-term health. At a deeper level, it’s a way of getting in touch with our bodies and our feelings, allowing us to experiment with different emotions and see how they feel.

It turns out dance is a combination of several activities that are each good for us in their own right: exercising, listening to music, and connecting with other people. Mix them together, and you’ve got an activity that has powerful benefits for our mental and physical health.

1. Dance makes us feel good

More than a decade ago, two local government organizations in Lincolnshire, U.K., partnered to create a program called Dance4Life to promote community health and well-being. Ultimately, they set up over 30 dance classes that attracted nearly 2,000 people.

As part of the program, researchers surveyed 330 people after they had taken about 8-10 weeks of dance classes. The majority of participants agreed that the program helped them improve their well-being and energy and make new friends. Many of them appreciated that dance could help them express themselves creatively and stay healthy.

Dance has two benefits that exercise typically doesn’t: music and (often) a dance partner. But what if people danced alone or in silence?

In a 2009 study, 22 tango\* dancers aged 30-56 tried dancing in four different ways: together or alone, with or without music. According to the results, only regular dancing (with a partner and music) lifted people’s positive emotions. The researchers collected

saliva\* samples to see what was going on in the dancers' bodies, and found different effects: Music helped reduce a hormone\* involved in our response to stress, while dancing with a partner increased testosterone\*.

Although you can certainly dance alone, many types of dance will find you in close contact with a partner or dancing in a group—bringing along a whole range of social benefits, too.

## 2. Dance brings us closer together

At dance events, people often chat before finding a partner and going to the dance floor. And then they experience another key aspect of dance: physical touch, ranging from holding hands to the full-body embrace of blues or tango.

Something also happens at a deeper level once we start moving together with other people: That physical synchronization\* can affect how we feel about each other. For example, in a 2016 study, 94 people participated in a “silent disco” where they learned dance routines and danced together wearing headphones with music. While some groups danced together with the same moves to the same tunes, other groups learned a different order of moves or danced to different music altogether. Ultimately, people who danced completely in sync\* felt closer to each other compared to the others.

## 3. Dance helps with depression

Inspired by the mental health benefits of dance, a specific form of therapy\* called dance movement therapy emerged in the mid-1900s. It comes in many forms, but clients often use movement to observe patterns in themselves, act out challenges, and express emotion. Research suggests that dance movement therapy can help with depression, trauma\*, nervous breakdowns, chronic\* pain, and more.

Even if you don't do formal dance movement therapy, dancing seems to be good for depression and anxiety all by itself. In a 2012 study, nearly 100 people with depression were split into three groups who learned tango, practiced meditation\*, or were on a waiting list for six weeks. The classes met for 90 minutes a week. Based on surveys of these people,

both tango and meditation helped decrease people’s depression compared to the group on the waiting list, while tango reduced their stress, as well.

Many people come to dance when they are experiencing hardships\* in life. On a night when you feel lonely but don’t have the courage to call a friend, taking a stranger’s hand and embracing the music can be appealing. People interviewed for one study saw dance classes as a lifeline\*, a secure, stable routine that they could depend on when the rest of life was complicated and hard.

#### 4. Dance helps us stay young

In many ways, dancing is the perfect solution to the challenges of old age, such as declining health, balance, and social connections. And learning dance seems to be good for keeping the brain active.

In a 2007 study, 60 elderly Brazilians took dancing classes for a year. The classes covered a wide range of dance and music. Based on surveys, people reported that dance improved their balance and coordination\*, and made them feel happy and relaxed. Not only did dance remind them of their youth, but it also helped them connect once again with Brazilian culture.

Unfortunately, many of us feel awkward when we dance, but self-consciousness\* doesn’t have to stop us. In fact, in one study, several people who found out they were supposed to dance left the experiment altogether—and ended up missing out on the emotional benefits, which existed even for people who felt awkward.

Thankfully, there are endless dance styles to try that can fit your personality, culture, and physical limitations. Whether you’re the first one onto the dance floor or fighting your fears just to stand up, remember: Dancing is your human birthright\*.

(Adapted from Kira M. Newman, “Four Ways Dancing Makes You Happier,” *Greater Good Magazine*)

注

- \* nourish : 栄養を与える、はぐくむ
- \* tango : タンゴ
- \* saliva : 唾液、つば
- \* hormone : ホルモン
- \* testosterone : テストステロン (男性ホルモンの一種)
- \* synchronization : 同時に起こること、同期
- \* in sync : 同調して
- \* therapy : 治療、セラピー
- \* trauma : 心理的外傷、トラウマ
- \* chronic : 慢性の
- \* meditation : 瞑想、黙想
- \* hardship(s) : 苦難
- \* lifeline : 頼みの綱
- \* coordination : 調和
- \* self-consciousness : 自意識
- \* birthright : 生得権、生まれながら持つ権利

問 1 本文の内容を句読点を含めて 300 字以内の日本語で要約しなさい。(60 点)

問 2 Apart from dance and music, what do you think are good ways to reduce your stress?

Explain your opinion in approximately 80 words in English. (60 点)

問題 2 What do you think would happen to society if everyone in the world could speak a common language? What would become better and what would become worse? Explain your opinion in approximately 100 words in English. (80 点)