

▶ 1

九州大学

525語 ⌚25分

解答・解説 ▶ 本冊 p.12

□ / 50点

次の英文を読み、設問に答えなさい。

All parents of teenagers have seen the changes that happen with teenagers growing up — the bursts of growth, the mood changes, and also, the unlimited ability to sleep in on weekends. However, this altered sleep pattern is not the teenagers being lazy; instead, it is natural body changes occurring deep inside their brains.

How much you sleep depends on your age. Newborn babies will sleep, in a series of naps, for 16-18 hours per day. By the age of 5, this is down to about 11 hours, and continues to drop with age — until the teenage years start. Then sleeping time increases again.

Teenage years are an awkward time between childhood and adulthood. During this time, the natural life rhythm is greatly interfered with. First, there is a distressing delay in their falling asleep due to changes in hormones in their teenage bodies. When teenagers say that they are not tired at 11 p.m., they are usually being truthful. The second body change is that teenagers need more sleep — between 9 and 10 hours every night. Indeed, one sign of the end of the teenage years is the switch to the shorter and earlier adult sleep hours. This happens, on average, at 19.5 years in women, and 20.9 years in men. <sup>(1)</sup> This all means that the teenage years are very confused, in terms of sleep. They cannot get to sleep early, and they need more sleep.

For teenagers, an early bedtime is, in most cases, simply biologically impossible. They need 9-10 hours of sleep, but often have to start school early — even earlier if they do sports. The effects of this lack of sleep can be seen when the regular school term starts. <sup>(2)</sup> They will sleep for two hours fewer on weeknights, and try desperately to make it up on the weekends. The result is that average high-school students are half asleep during their school days because of their semi-permanent lack of sleep.

Various studies have shown that this lack of sleep can have dangerous side effects. It is linked to bad social behavior, depression, cigarette smoking, eating problems, and poor school marks. Indeed, being tired can drop performance in tests and exams by several points.

Another study looked at <sup>(3)</sup> Rapid Eye Movements (REM) sleep,

which is where people's eyes move quickly from side to side, as though watching an invisible tennis match while they are sleeping. This REM sleep is where most dreaming is done and it usually happens about 70-100 minutes after falling asleep. However, half of high-school students were so tired that when given the opportunity to sleep at school in mid-morning, they dropped into REM sleep within a few minutes, not an hour and a half.

What is the cure? Well, teenagers should avoid drinks with caffeine, which disturb their natural rhythms. And they should not have a computer or TV in their bedroom, which encourages them to stay awake longer. However, the real cure may involve society adjusting to the altered sleep patterns of teenagers. Perhaps high-school classes should start at 11 a.m., so they can stay up later, get their needed sleep and then be wide awake in class.

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高知大学

430語 30分

解答・解説 ▶ 本冊 p.22

50点

問1 下線部(1) This の表す内容を日本語で説明しなさい。(15点)

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問2 下線部(2) を日本語に訳しなさい。(10点)

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問3 下線部(3) Rapid Eye Movements (REM) sleep に入るまでの所要時間について、筆者はどのように説明しているか、日本語で説明しなさい。(15点)

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問4 10代の青少年の睡眠不足はどのような不具合につながると筆者は述べているか、5つ日本語で答えなさい。(10点)

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次の英文を読み、設問に答えなさい。

Will everyone's worldview soon be viewed from the perspective of America? People drink Coke and Pepsi around the world. McDonald's now has more than 25,000 outlets in 119 countries; a new restaurant opens somewhere in the world every 17 hours. People around the world watch the same American movies and listen to the same American music. In recent decades, we have witnessed the growth of American mega-malls all over the world. The Internet functions primarily in the English language and is dominated by American content. It is estimated that 70 percent of Internet Web sites are American. Have people begun to register the fact that much of life is, indeed, American?

But <sup>(1)</sup> globalization does not necessarily have to mean Americanization. Rather, it could be a blending of many different cultures. For example, there is currently a mass migration of people from other nations to the United States, one that is unprecedented. Immigrants and refugees import their cultural values into the United States as much as they assimilate American culture. Many would-be refugees manage to make their way to the United States and import their cultural values as well. In fact, America is not really a melting pot in the sense that immigrants' cultures dissolve into American culture. <sup>(2)</sup> In fact, they remain distinct. Just as American tastes and values have influenced the world, American tastes and values have been influenced: They have become more eclectic\* — in food, music, and even religion.

Finally, one thing people fear most about globalization is a loss of individual identity. They fear that <sup>(3)</sup> a sense of shallowness might come from living in "the global village," as tastes and cultural attitudes become more homogeneous. Human beings enjoy being different, feeling unique. <sup>(4)</sup> Perhaps this is why one reaction to our global world seems to be an increased attachment to traditional ethnic customs. In many cities around the world, ethnic enclaves\*, rather than integrated communities, have formed and lasted.

Yet with globalization comes a form of cosmopolitanism. People's perspective is more worldwide today, less narrow. New relationships