広島大　2013年

〔Ⅳ〕

次の英文を読んで，下の問いに答えなさい。

One of the most fascinating findings about how our thoughts and emotions influence our health springs from a study of 180 nuns(注1) ranging in age from 75 to 103. Researchers had access to their early journal writings and were able to determine who among them had mostly positive attitudes when faced with stressful situations, and who had more negative responses to life’s problems. Some nuns were in their nineties and were highly functional with full-time jobs, while others were in their seventies and disabled.

What stood out for researchers was this: the nuns who wrote about their lives with the most positive attitudes at a young age were 2.5 times more likely to be in better health in late life than those nuns who saw life through a darker lens. Since the nuns in what is known as the Nun Study were all eating the same food, were nonsmokers, drank little if any alcohol, lived in similar housing, held similar jobs, were receiving the same medical care, and had the same socioeconomic status, the differences were all the more striking. The healthiest nuns were those whose writings showed a clear sense of humor and ability to adapt to life’s stressors ―― including the normal health challenges that can accompany aging. (1)Researchers suspect that these nuns didn’t live longer, healthier lives because they were never stressed. They lived longer and healthier lives because when they experienced the typical physiological response to stress they were able to recover quickly. By staying primarily at a low baseline of emotional stress, they protected their immune(注2) systems from becoming erratic.

For centuries, (2)American medicine has regarded the question of whether our emotions can affect our health as unimportant. Our two-hundred-year span of medical miracles has led us to respect the technological and scientific approach while giving little thought to the impact that emotions might have on our health. In large part that’s because, until very recently, we have lacked scientific proof that our feelings can influence our physical well-being. In the last two decades, however, researchers have developed technology to see ―― in real time ―― how our emotions influence our bodies’ cells by changing the chemical and electrical activity in our brains. (3)Slowly, the divide that has long separated mind and body is beginning to disappear as the two spheres of study increasingly overlap, and researchers are focusing on how our emotions, stress levels, and thought patterns might influence our basic immune cells.

(Adapted from *The Autoimmune Epidemic* by Donna Jackson Nakazawa, 2008)

(注1) nun 修道女

(注2) immune 免疫の

問1 Nun Studyの研究方法に関して，もっとも適切な英文を下の(1)～(4)から一つ選び，番号で答えなさい。

(1) Nuns gave oral answers to the researchers’ questions about stressful situations.

(2) Researchers investigated the diaries nuns wrote while they were young.

(3) Nuns were asked to write about positive and negative responses to stressful jobs.

(4) Researchers studied the documents on recent happenings around nuns.

問2 Nun Studyが解明した内容に関して，もっとも適切な英文を下の(1)～(4)から一つ選び，番号で答えなさい。

(1) Even though nuns ate the same food and never smoked, they tended to live unhealthy and inactive lives.

(2) Nuns who had a positive attitude while young lived 2.5 times longer than those who did not.

(3) Nuns who lived in similar housing and received the same medical care sometimes had different socioeconomic statuses because of aging.

(4) The important elements for the healthiest nuns were to be witty and to have the ability to cope with troubles causing stress.

問3 下線部(1)が表している意味をわかりやすく日本語で表現しなさい。

問4 下線部(2)が表している意味をわかりやすく日本語で表現しなさい。

問5 下線部(3)が表している意味をわかりやすく日本語で表現しなさい。