

2024年度

一般選抜 前期日程

長野県立大学
健康発達学部
食健康学科

小論文

(90分)

注意事項

- 1 試験開始の合図があるまで、この問題冊子を開いてはいけません。
- 2 問題冊子は8ページあります。解答用紙は2枚、下書き用紙は1枚あります。
- 3 試験開始の合図後、まず、問題冊子、解答用紙の落丁、乱丁、印刷不鮮明等がないか確認し、気付いた場合は、手を挙げて監督者に知らせてください。
- 4 試験開始後、受験番号、氏名を解答用紙の所定欄（解答用紙1枚につき、受験番号2箇所、氏名1箇所）に記入してください。
- 5 試験開始後は、原則として、試験が終了し退出許可が出るまで退出できません。
- 6 解答は、解答用紙の指定された箇所に、横書きで記入してください。
解答用紙にアルファベット、算用数字を記入する場合、1マスに2文字ずつ入れてください。（ただし、字数が奇数の場合は、末尾の1文字は1マスに入れてください。）
- 7 解答用紙は持ち帰らないでください。
- 8 試験終了後、問題冊子および下書き用紙は持ち帰ってください。

問題 次の文章（英文）を読んで、問1および問2に答えなさい。なお、この文章はアメリカ合衆国の保健福祉省公衆衛生局が発表した社会的孤立と孤独に関する報告書の一部である。

People may lack social connection in a variety of ways, though it is often illustrated in scientific research by measuring loneliness and social isolation. Social isolation and loneliness are related, but they are not the same. Social isolation is objectively having few social relationships, social roles, group memberships, and infrequent^(注1) social interaction. On the other hand, loneliness is a subjective internal state. It's the distressing experience that results from perceived isolation or unmet need^(注2) between an individual's preferred and actual experience.

The lack of social connection poses a significant risk for individual health and longevity^(注3). Loneliness and social isolation increase the risk for premature death^(注4) by 26% and 29% respectively. More broadly, lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day. In addition, poor or insufficient social connection is associated with increased risk of disease, including a 29% increased risk of heart disease and a 32% increased risk of stroke^(注5).

The lack of social connection can have significant economic costs to individuals, communities, and society. Social isolation among older adults alone accounts for an estimated \$6.7 billion in excess Medicare^(注6) spending annually, largely due to increased hospital and nursing facility^(注7) spending. Moreover, beyond direct health care spending, loneliness and isolation are associated with lower academic achievement, and worse performance at work. In the U.S., stress-related absenteeism^(注8) attributed to loneliness costs employers an estimated \$154 billion annually. The impact of social connection not only affects individuals, but also the communities they live in. Social connection is an important social determinant of health, and more broadly, of community well-being^(注9), including (but not limited to) population health, community resilience^(注10) when natural hazards strike, community safety, economic prosperity, and representative government.

Every level of increase in social connection corresponds with a risk reduction across many health conditions. Further, social connection can be a proactive^(注11) approach to living a fulfilled and happy life, enhancing life satisfaction, educational attainment, and performance in the workplace, as well as contributing to more-connected communities that are healthier, safer, and more prosperous.

Unsurprisingly, social connection is generally not something we can do alone and not something that is accessible equitably^(注12). That is partially because we need others to connect with, but also because our society—including our schools, workplaces, neighborhoods, public policies, and digital environments—plays a role in either facilitating or hindering social connection. Moreover, it is critical to carefully consider equity in any approach to addressing social connection, as access and barriers to social opportunities are often not the same for everyone and often reinforce longstanding and historical inequities.

注1 infrequent：頻繁でない

注2 unmet need：満たされていないニーズ

注3 longevity：寿命

注4 premature death：早死

注5 stroke：脳卒中

注6 Medicare：メディケア（アメリカ合衆国における高齢者・障がい者向け公的医療保険制度）

注7 nursing facility：介護施設

注8 stress-related absenteeism：ストレス関連の欠勤

注9 well-being：幸福

注10 resilience：回復力

注11 proactive：積極的な

注12 equitably：公平に

出典：The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. "Our Epidemic of Loneliness and Isolation", 2023（一部改変）

問1 下線部について、本文の内容を踏まえた上で、社会的孤立と孤独の違いを150字以内の日本語で説明しなさい。

問2 本文に記載されている社会的孤立と孤独のリスクについて、あなたがもっとも重視することを選び、それに対してどのような対策を講じたらよいか、あなたの意見を600字以内で述べなさい。

