

第5回 次の文章を読んで、問1～4に答えなさい。
次の文章を読んで、問1～5に答えなさい。

解答時間 20分

Language is often regarded as a tool for communication. People use words to express ideas, describe experiences, and share information with others. However, psychologists have long argued that language does more than simply communicate thoughts. The words people choose can influence how they perceive the world and how they understand their own experiences. For this reason, many psychologists emphasize the importance of using accurate and appropriate (A).

One reason language matters is that the human brain tends to organize information into (B). These categories help people process large amounts of information efficiently. However, when a label is inaccurate or overly simple, it can lead to misunderstandings. For example, if a student repeatedly describes himself as “bad at mathematics,” he may begin to interpret every mistake as proof that the label is correct. Over time, this can affect motivation, confidence, and even future performance. Psychologists sometimes refer to this process as a self-fulfilling (C), a situation in which a belief contributes to the outcome that it predicts. In such cases, language does not merely describe reality; it helps create it.

Another reason careful language is important is that words often carry emotional associations. Certain expressions can encourage people to feel hopeful and capable, while others may produce anxiety or helplessness. ⁽¹⁾Researchers have found that people who use more balanced and precise language when describing difficulties often cope with stress more effectively. Instead of saying that a problem is a complete disaster, for example, they may describe it as a temporary challenge. This change in wording does not eliminate the difficulty itself, but ⁽²⁾it can influence how the brain responds to the situation. As a result, people may become more willing to look for solutions rather than focus only on failure.

Of course, accurate language alone cannot solve every problem. Nevertheless, psychologists argue that the words people use can shape attention, emotion, and (D). For this reason, they encourage individuals to examine the language they use when talking about themselves and others. ⁽³⁾This may be one of the reasons why changing

the way people speak can sometimes change the way they think.

問 1

空所(A)～(D)に入る最も適切なものを, 下からそれぞれ一つ選び, 記号で答えなさい。ただし, 同じ記号は一度しか使えません。

- (ア) behavior (イ) prophecy (ウ) categories (エ) language
(オ) crowded (カ) damaged (キ) although

問 2 下線部(1)を日本語に訳しなさい。

問 3 下線部(2)の it が指す内容を, 20 字以内の日本語で具体的に説明しなさい。ただし, 句読点も 1 字に数えます。

問 4 下線部(3)を日本語に訳しなさい。

問 5 本文の内容と合致する文を, 下から二つ選び, 記号で答えなさい。

- (ア) Psychologists suggest that language can influence not only communication but also the way people perceive the world and understand their own experiences.
- (イ) The passage suggests that people naturally interpret information without relying on categories created by the brain, which is why labels rarely affect their later confidence or performance.
- (ウ) According to the passage, describing difficulties with more balanced and precise language may help people respond to stress more effectively and become more willing to search for solutions.
- (エ) The writer argues that accurate language can remove most psychological difficulties by itself, since changing words directly eliminates the problems people face in reality.
- (オ) The passage suggests that words influence behavior only after people have already solved the emotional problems caused by failure or anxiety.