

No4 Intensive Course: 4/10

Name: _____ / Date: _____ Score: __ / 4 ⏳ 6 min

問題

次の英文を読み、(1)～(4)の質問に対する答えとして最も適切なものを、それぞれ①～④から1つ選びなさい。

When Pessimism Can Be Useful

People often treat optimism as healthy and pessimism as harmful in daily life. An optimistic person expects success, while a pessimistic person may imagine a gloomy future. Yet psychologists argue that
5 neither style is always beneficial. The same thought can motivate one person but make another apathetic and unwilling to act.

“Defensive pessimism” describes a strategy in which people imagine possible failures before an important event. Such reflection may seem depressing, but it can help them identify risks and prepare. A student
10 worried about an examination, for example, may review weak areas carefully rather than avoiding the subject entirely. By contrast, confidence unsupported by evidence may lead people to underestimate difficulty.

This method does not suit everyone. For some people, repeatedly
15 imagining failure becomes frustrating or even traumatic, especially when worries reach a high intensity. Others feel ambivalence: planning for trouble helps them, yet it also reduces their enjoyment. If teachers or managers demand aggressive positivity, people may hide concerns that contain compelling warnings.

A better approach is to nurture flexible thinking. People can examine
20 whether a hopeful or cautious attitude helps in a particular situation. The goal is not to eliminate fear or force happiness but to turn emotion into useful action. Optimism can support persistence, while pessimism can improve preparation; wisdom lies in knowing when each is
25 appropriate.

(本文語数:220 語)

Questions

(1) What do psychologists say about optimism and pessimism?

- ① Optimism always motivates people, whereas pessimism always prevents action.
- ② Neither way of thinking is beneficial in every situation.
- ③ Pessimistic people are healthier because they imagine future difficulties.
- ④ People should avoid thinking about both success and failure.

(2) How can defensive pessimism help a student?

- ① It can encourage the student to identify and review weak areas.
- ② It can make difficult examinations considerably easier.
- ③ It can remove the need to prepare for unexpected problems.
- ④ It can guarantee confidence even when the student lacks evidence.

(3) Why may aggressive positivity be harmful?

- ① It may cause people to enjoy planning for trouble too much.
- ② It may increase the intensity of every traumatic memory.
- ③ It may cause people to hide concerns that contain useful warnings.
- ④ It may make teachers and managers completely apathetic.

(4) What approach does the author recommend?

- ① Eliminating fear before making any important decision.
- ② Choosing optimism because it is more useful than careful preparation.
- ③ Using pessimism whenever a person faces an unfamiliar situation.
- ④ Judging which attitude is useful in each particular situation.

□1 aggressive[əgrésiv]	形 ①攻撃的な、侵略的な ②積極的な、押しの強い
□2 ambivalence[æmbívləns]	名 矛盾する感情、相反する感情
□3 apathetic[əpəθétik]	形 ①無関心な ②無感動の
□4 compelling[kəmpélin]	形 ①人を引きつける ②説得力のある、強制的な
□5 depressing[diprésin]	形 気を重くさせる、意気消沈させる
□6 frustrating[frástrèitin]	形 いら立たせる、失望させる
□7 gloomy[glú:mi]	形 ①薄暗い ②憂鬱な、暗い
□8 intensity[inténsəti]	名 ①強さ、強度 ②激しさ
□9 nurture[né:rtʃər]	動 ～を養育する、～を育む
□10 optimism[áptəmizəm]	名 楽観主義
□11 optimistic[àptəmístik]	形 楽観的な、楽天的な
□12 pessimism[pésəmizəm]	名 悲観主義
□13 pessimistic[pèsəmístik]	形 悲観的な、厭世的な
□14 reflection[riflékʃən]	名 ①反映、影響 ②熟慮、内省
□15 traumatic[trə:mætik]	形 ①心的外傷を与える ②非常に不快な