

2025(令和7)年度
大学院入学試験 修士課程Ⅱ期
人間生活学研究科 食物栄養学専攻
英語試験問題
(健康科学分野)

(注意事項)

1. 筆記用具は、鉛筆、またはシャープペンシルを使用してください。
2. 解答は、解答用紙に記述してください。
3. 解答用紙は、2枚配付します。足りなくなった場合は挙手してください。
4. 受験番号・氏名は、すべての解答用紙に記入してください。
5. 試験時間は60分です。

【問題】

以下の英文を読んで、設問に対して、日本語または英語で答えなさい。

Read the following passage and answer the questions in Japanese or English.

Belonging to groups can significantly affect people's health and well-being for the better or worse. Encouraging people to join groups is a central component of the Social Prescribing movement; however, not everyone who might benefit from Social Prescribing aspires to participating in groups. This study aims to identify what barriers are preventing people from experiencing the associated health and well-being benefits of group belonging.

Semi-structured interviews analysed using reflexive thematic analysis. Participants were 11 British people (aged 48-86), 1 male and 10 female, recruited by a charity partner of a Social Prescribing project.

The themes derived from the interviews are as follows: (1) 'The dread, the fear of being in a group': When groups do not meet needs; (2) 'I can remember as quite a young child backing out of things': Accumulative barriers over the lifetime, and (3) 'I'm singing away and feeling terribly miserable': the challenges of fitting in with others in groups. The themes reflect how people can feel deterred from social interaction, which interferes with their ability to derive a sense of belonging or shared identity associated with the 'social cure'.

A key challenge for Social Prescribing is to meet the social needs of people disinclined to join groups; groups can be detrimental to health and well-being if there are barriers to integration. Alternative ways of structuring groups or activities may be more effective and can still avail of the belonging and identity associated with 'the social cure'.

出典：Avelie Stuart et al.(2022) "Oh no, not a group! The factors that lonely or isolated people report as barriers to joining groups for health and well-being." *Br J Health Psychol.* 27(1):179-193.一部改変

1. 本調査は、どのような方法で、どのような人々に対して行われましたか。

How was this study conducted and among whom?

2. 著者は、Social Prescribing の課題についてどのように述べていますか。

What does the author see as one of the challenges of Social Prescribing?

解答

【問題】

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【解答例】

1. 本調査は、どのような方法で、どのような人々に対して行われましたか。

この調査は、社会的処方プロジェクトの慈善パートナーが募集した英国人 11 名（48～86 歳、男性 1 名と女性 10 名）を対象に、半構造化インタビューが行われた。

The study was conducted semi-structured interviews with 11 British people (aged 48-86), 1 male and 10 female, recruited by a charity partner of a Social Prescribing project.

2. 著者は、Social Prescribing の課題についてどのように述べていますか。

著者は、社会的処方の重要な課題は、グループに参加することを嫌う人の社会的ニーズを満たすことにあるが、グループへの参加に障害がある場合は、別のグループ構成や活動にした方が効果的であるかもしれないと述べている。

The author see that a key challenge for Social Prescribing is to meet the social needs of people disinclined to join groups and if there are barriers to integration, alternative ways of structuring groups or activities may be more effective.