

I 期（一般、学内）

令和 8 年度

武蔵野大学大学院 人間社会研究科 人間学専攻 人間行動学コース 入学試験問題(9 月 21 日)

【 英語 】 次の英文を読んで各問に答えなさい。

Happiness is not the only goal in life, but for many people, it is the most important one (e.g., Benjamin et al. 2012). For example, in a recent survey, thousands of people across nine nations were asked whether they would prefer a happy life, a meaningful life, or a psychologically rich life, filled with novelty and variety (Oishi et al. 2020). In every nation, from India and Angola to the United States and Norway, the majority of people chose a happy life. This common quest for a happy life can potentially be guided by scientific studies examining the determinants of happiness. And over the past few decades, researchers across multiple fields have conducted tens of thousands of studies, yielding exciting insights about the potential for human happiness to be increased.

Unfortunately, however, there are reasons to question the robustness of many of these findings. The meteoric rise of happiness research happened to coincide with a period in which there were no systematic standards to prevent researchers from (1) “p-hacking” (i.e., selectively reporting significant analyses; Nelson et al. 2018, Nuzzo 2014). (1-2) For example, imagine that a researcher randomly assigned 40 participants to take nightly bubble baths (or not) and then to complete two measures of happiness at the end of the week. If they analyzed the data and then decided to run an additional 20 participants, control for gender, and combine their two measures into a single composite, they would have about a one in three chance of finding that bubble baths significantly ($p < 0.05$) increased happiness—even if, in reality, the baths produced no benefits for happiness whatsoever (Simmons et al. 2011).

Startling simulations like this one helped to spur a paradigm shift in the field. Over the past decade, psychologists have begun openly sharing their data and materials, dramatically increasing their sample sizes, and putting more focus on replication of past work, producing a kind of renaissance for the field (Nelson et al. 2018). Perhaps most importantly, psychologists and other scientists are increasingly preregistering their studies, committing to written, time-stamped data analysis plans before analyzing their data (e.g., Nosek et al. 2018). (2) Because preregistration substantially curtails researchers’ ability to engage in p-hacking, preregistered studies restore the credibility of p values, arguably acting as the cure for p-hacking (Nelson et al. 2018, Nosek et al. 2018; but see Rubin & Donkin 2022 for a critique).

(3) In the present article, we conducted a systematic search of the happiness literature to identify all preregistered experiments investigating ways to increase people’s happiness (see the sidebar titled Why Not Conduct a Meta-Analysis of the Entire Literature?). Of course, correlational and longitudinal studies can also provide valuable clues about possible causal relationships (e.g., Diener et al. 2022). Experimental designs, however, are ultimately required to confirm them. Why limit our discussion to preregistered studies? (4) Much like correlational research, exploratory research can help us discover potential causal relationships but cannot confirm them. Preregistration makes it uniquely possible to distinguish confirmatory results from exploratory ones. We believe happiness research has achieved a stage of maturity in which focusing on confirmatory experimental results is possible and worthwhile.

Of course, not every preregistered experiment offers high evidentiary value. As Vazire (2019) put it, “Transparency doesn’t guarantee credibility; transparency and scrutiny together guarantee that research gets the credibility it deserves.” In the pages that follow, we offer such scrutiny. (5) We also note the number of participants in each condition because small sample sizes can undermine evidentiary value (e.g., Fraley & Vazire 2014). Indeed, approximately 50 participants per group are required just to show that men weigh more than women (Simmons et al. 2013). So, unless researchers are

studying an effect that is larger than this gender difference in weight, studies with cell sizes below $n = 50$ should probably be viewed with skepticism.

Although the word “happiness” has been used in a variety of ways (see Sheldon 2016 for a review), (6) we embrace Diener’s (1984) long-standing definition of happiness as encompassing high life satisfaction, high positive affect, and low negative affect. Together, this happy trio is known as subjective well-being (SWB), a term we use interchangeably with happiness throughout this article.

出典 : How Can People Become Happier? A Systematic Review of Preregistered Experiments. Annual Review of Psychology, 75, 467-493 (2024).

語彙 : robustness: 頑健性 (研究結果の信頼性), meteoric rise of ~: ~の急速な増加, coincide with: ~と同時に起こる, preregistered studies: 事前登録された研究, substantially curtail: 大幅に制限する, credibility: 信頼性, correlational research: 相関研究, exploratory research: 探索的研究, transparency: 透明性, scrutiny: 精査, embrace: 採用する

- 問1. 下線部(1)について、“p-hacking”とはどのようなものか。下線部(1-2)の内容も参考にしながら 120 文字程度で説明しなさい。
- 問2. 下線部(2)を和訳しなさい。
- 問3. 下線部(3)を和訳しなさい。
- 問4. 下線部(4)を和訳しなさい。
- 問5. 下線部(5)を和訳しなさい。
- 問6. 下線部(6)を和訳しなさい。