

### Ⅲ期（一般）

令和3年度

武蔵野大学大学院 人間社会研究科 人間学専攻 臨床心理学コース 入学試験問題（3月7日）

[ 英語 ] 次の英文を読んで各問に答えなさい。

Sociological surveys usually try to measure well-being by asking people to assess their current level of happiness. Such questions are a regular feature of surveys of the public, such as the 2005 Pew Research Center survey, which asked 3,014 adult Americans: “How happy are you these days in your life?” Half reported being “pretty happy”, 34% “very happy” and 15% “not too happy”.

But asking people if they are happy raises more questions than it answers, not least of which is how to define happiness. (1) Is it a single emotion or a personality trait? A physical state, with characteristic brain-wave patterns and biomarkers? Is it simply the absence of unhappiness, or something else?

Psychologists, economists and other well-being researchers don't have definitive answers, but they're beginning to approach the subject in a more rigorous way. In the process, they hope to learn more about the link between health and happiness, and to contribute to debates over eternal questions, such as: who's happier, the Americans or the French?

Daniel Kahneman, a Princeton University psychologist who won the 2002 Nobel Prize for Economics for applying psychology to decision-making in the face of uncertainty, wants to develop surveys that ask more sophisticated questions. His work investigates how a person's sense of overall life satisfaction diverges from their everyday ups and downs. (2) Early results suggest that the two do not necessarily correlate.

(中略)

These and other data led well-being researchers to conclude that life circumstances don't have much effect on long-term happiness. Surveys show that happiness increases after marriage, but only temporarily. An oft-cited 1978 study found that, a year after their life-changing event, both lottery winners and paralysis victims had reverted to close to their former level of happiness. This contributed to the notion of a 'hedonic setpoint' to which people return no matter what life throws their way. (3) And based on studies showing similar levels of reported happiness in twins, the setpoint appeared to be genetically determined.

出典 : Reichhardt, T. (2006). *Nature* 444, 418-419.

- 問1. 下線部(1)を和訳しなさい。
- 問2. 下線部(2)の文にある “the two” が指しているものを日本語で記述しなさい。
- 問3. 下線部(3)を和訳しなさい。
- 問4. この文章の大意を日本語で記述しなさい。文字数は400字程度とすること。