

I 期 (一般)

受験 番号		氏 名	

令和 5 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 (9 月 25 日)
[英語]

次の英語の文章を読んで、問いに答えよ。解答は、解答用紙に記せ。

Even before the COVID-19 pandemic, social isolation and loneliness were becoming major public health and policy concerns, largely due to their serious impact on longevity, mental and physical health, and well-being (Fried et al., 2020; Holt-Lunstad et al., 2015; Leigh-Hunt et al., 2017). The pandemic and the attendant measures to contain it have made the issues of social isolation and loneliness even more salient (Gruber et al., 2021; Holt-Lunstad, 2021). Since its outbreak, many countries around the world have enacted shelter-in-place and physical distancing orders, travel bans, and switched to remote work and education resulting in fewer social contacts (i.e., greater social isolation), which may in turn have increased loneliness. Social isolation and loneliness, though related, are distinct concepts: “social isolation” is the objective state of having a small network of kin and nonkin relationships and thus few or infrequent interactions with others. Some studies have found only weak correlations between social isolation and loneliness (Steptoe et al., 2013; Tanskanen & Anttila, 2016): Socially isolated people are not necessarily lonely (in fact, solitude describes a positive valuation) and vice versa. By contrast, “loneliness” is the painful feeling-or “social pain” -that results from a discrepancy between the quantity (e.g., number of social contacts per day) and/or the quality (referring to the subjective experience of characteristics such as affection, intimacy, or conflict) of their desired and actual social connections (Cacioppo et al., 2014; Perlman & Peplau, 1981).

In the pandemic context, the distinction between social isolation and loneliness is especially important as many people have fewer contacts, but not all of them feel lonely. This is because loneliness is related to factors other than social isolation, including temporally stable characteristics of the individual (Mund et al., 2020) and their environment such as personality traits, need for contact and expectations of relationships (Qualter et al., 2015), physical and mental health, and cultural norms (Gierveld et al., 2018; Lim et al., 2020). These variables can explain why the pandemic does not affect everyone similarly. For instance, an investigation of the German population showed that extraverted individuals reported greater increases in loneliness during the pandemic (Entringer & Gosling, 2021).

However, it remains unclear whether loneliness has increased overall since the pandemic started (e.g., Killgore et al., 2020; Sutin et al., 2020). Studies have reported stable (Peng & Roth, 2021; Sibley et al., 2020), as well as increases (Kovacs et al., 2021; Macdonald & Hülür, 2021) and decreases (Bartrés-Faz et al., 2021) in loneliness levels. Beyond a potential impact of the duration of restrictions (Bartrés-Faz et al., 2021), sample- and design-specific effects may account for these heterogeneous findings. A 2021 systematic review and meta-analysis of changes in mental health, focusing on

longitudinal studies and natural experiments with prepandemic comparisons, found no evidence of increase in loneliness (based on three studies; Prati & Mancini, 2021). A more recent systematic review, which included neither a meta-analysis nor a metaregression (Buecker & Horstmann, 2021), found that longitudinal studies mainly reported increases in loneliness.

(出典: Ernst, M. et al.: Loneliness Before and During the COVID-19 Pandemic: A Systematic Review With Meta-Analysis. *American Psychologist* 77(5), 660-677, 2022.)

【語注】

longevity : 寿命, The attendant measures: (pandemic に) 付随する措置, shelter-in-place : 屋内退避, vice versa : 逆もまた同様

問1 pandemic の日本語の意味を書きなさい。(日本語、50文字以内)。

問2 COVID-19 pandemic 以降の“social isolation”に関連していると思われる要因をあげなさい(日本語 50文字以内)。

問3 この文章では、“social isolation”と“loneliness”の違いをどのように説明しているかについてまとめなさい。(日本語 400文字以内)。

問4 現在までの研究では、COVID-19 pandemic 後、人々の“loneliness”がどのように変化したと報告されているかについてまとめなさい(日本語 400文字以内)。