

長文読解のコツ：  
長文といえども SVC等の文章構造は一緒！  
だから、

WISEルール  
関係代名詞、< )  
節 、 でthatを囲う

長文を短く区切る。区切り方：関係代名詞、関係節 毎に  
コンマ(,)、スラッシュ(/) や 四角( ) でわけ、  
分けた部分部分を訳してみよう。  
(全部の意味を正確に訳せない場合は、前後の文から意味を推測)

**第6問** 次の文章を読み、下の問い(A・B)に答えよ。なお、文章の左にある(1)~  
(6)は段落の番号を表している。(配点 36)

(1) A high school student has a science test on Monday but spends most of the weekend playing video games and does not start studying until late Sunday night. This kind of avoiding or delaying of work that needs to be done is called procrastination. It has been estimated that up to 95% of people procrastinate at least sometimes, and about 20% of them do it too much. Traditionally, people who procrastinate have been considered lazy, but research tells us that this is not true. Learning about the roots of procrastination can help us understand why most people do it to some extent and also help us decrease our own procrastination. Although researchers do not agree on all the reasons behind procrastination, there is general agreement about some factors that can explain it.

(1) 要旨：しなければならぬことを避けたり、遅らせたりすること(行為)は、procrastination(先延ばし)と呼ばれる。

(2) The first factor is how pleasant or unpleasant people find a task. Research shows that people will put off tasks they find unpleasant. Many high school students may delay cleaning their rooms or doing their homework. However, many might not delay doing such tasks as responding to a friend's email. It is important to remember that whether or not a task is pleasant depends on the individual. For example, someone who loves bicycles might not delay fixing a punctured tire while someone who does not may put it off.

(2) 要旨：人々が、どのくらいその仕事(task)に楽しみや不快の念を持つかが(先延ばしの)要因の1つである。楽しい仕事かどうかは、本人次第！

(3) In addition to how people feel about the job at hand, the amount of confidence they have in their ability to do a task is also related to procrastination. For instance, those who have low expectations of success are more likely to postpone starting a particular job. Conversely, those who believe that they can perform well are more likely to take on challenging tasks rather than avoid them. It should be noted, though, that some counselors argue that too much confidence can also lead to procrastination: some people overestimate how easily they can do a particular task and start too late.

(3) 要旨：人々が、目今の仕事(job)についてどう感じるかに加え、  
本人がその仕事(task)に対して持つ能力への自信の量も、先延ばしに関連している。

(2110—30)

自信がなければ先送りしがち、自信があればすぐ実行しがち。  
但し、自分の能力を過大評価している者は、先延ばししがち。

put (it) off  
(it)を延ばす

confidence  
自信

(4) 要旨：(先延ばしの)別の要因は、本人の自己管理能力。  
年齢が 自制心に影響を与えているとされている。 高年齢 = 自制心 有、若年例 = 自制心 少

- (4) Another factor is whether or not people can exercise self-control. Those who have less self-control can easily be drawn away from their work. Accepting an invitation to sing karaoke on a night when you planned to start working on a presentation could be one example. Self-control, or the ability to resist temptation and stick to a plan, is something many of us struggle with. Interestingly, age is said to be associated with self-control. Research shows that the older people become, the less likely they are to delay doing their work until the last minute.

stick to a plan  
計画をやり通す

- (5) Lastly, there is a link between procrastination and how long people must wait before they see the reward for an effort. For instance, studying hard in school might not give high school students any immediate rewards; what they learn might not seem useful to the present. However, studying can provide them with rewards in the future like the knowledge or skills necessary to pursue their dreams. Sometimes, it is hard to see the benefit of making an effort when the reward is too far away. This can explain why many people do not start saving money for their old age when they are young.

between A and B  
A と B の間に

(5) 要旨：先延ばし と 努力が報われるまでの時間 には相関がある。  
努力が報われるまでに時間がかかることは 先延ばししがち。  
(例：高校生の学校での勉強。老後のための預貯金)

- (6) What are the roots of your procrastination? Because the behaviors described here seem common to most people, you do not need to completely change your habits if you only procrastinate once in a while. On the other hand, if you feel that your procrastination is a problem, the first step to reducing it is identifying the reasons behind it. Self-help books and websites give numerous techniques for overcoming procrastination, but it is only by understanding the roots of the problem that you can choose the appropriate method for yourself.

it is only ... that  
... によってのみ、  
である

(6) 要旨：(先延ばしの)問題の根本を理解することによってのみ、自分のための適切な方法を選択できるのだ！

A 次の問い(問1～5)の  ～  に入れるのに最も適当なものを、それぞれ下の①～④のうちから一つずつ選べ。

問1 According to paragraph (2), .

第(2)段落によると・・・

- ① people do not forget unpleasant tasks
- ② people who love bicycles learn to fix tires fast
- ③ people will find different tasks pleasing (第 段落 最後から2文目より)  
仕事を楽しめる人は本人次第
- ④ people will put off tasks to write emails

問2 Paragraph (3) implies that .

第(3)段落は・・・を暗示している

(第 段落 3文目より)  
自信があればすぐ実行しがち。=先延ばし 少

- ① people with low confidence in their ability will start a job earlier
- ② people with reasonable confidence in their ability procrastinate less
- ③ people's confidence to do a task is not associated with procrastination
- ④ some counselors overestimate the confidence of their clients

問3 According to paragraph (4), .

第(4)段落によると・・・

(第 段落 最後の文より)  
高齢 = 自制心 有、若年例 = 自制心 少

- ① older people tend to demonstrate more self-control
- ② people usually exercise self-control without struggle
- ③ self-control is the eagerness to accept invitations
- ④ younger people are willing to resist temptations

問4 Paragraph (5) argues that many people start saving for old age late because .

第(5)段落は・・・のために、老後資金を貯めることが遅くなりがちであると主張している

- ① old age seems too distant in time (第 段落 4文目より)  
先延ばしの理由 : 将来が遠いこと
- ② the length of time to old age varies
- ③ there are other things to worry about
- ④ there will be little benefit

(第 段落 最後の文より)  
(先延ばしの)問題の根本を理解することによってのみ、自分のための適切な方法を選択できるのだ!

問 5 The author's main argument is that .

筆者が最も言いたいことは・・・

- ① many people agree about the four explanations of procrastination
- ② people who procrastinate are no longer thought of as lazy
- ③ procrastination has become problematic in our society
- ④ we can manage our procrastination by understanding its sources

B 次の表は、本文の段落と内容を表すものである。 ~  に入れるのに最も適当なものを、下の①~④のうちから一つずつ選び、表を完成させよ。  
ただし、同じものを繰り返し選んではいけない。

Paragraph	Content
(1)	<input type="text" value="51"/>
(2)	<input type="text" value="52"/>
(3)	The belief in your abilities
(4)	The ability to keep to a task
(5)	<input type="text" value="53"/>
(6)	<input type="text" value="54"/>

- ① The appeal of a task
- ② The phenomenon of procrastination
- ③ The timing of realizing future gains
- ④ The way to deal with procrastination

問題 B は全文を読めば間違いなく答えられるが、

英語(国語)の解法テクニックとして、  
文章の構成は 起承転結 が基本。

つまり、文頭 で について の 例示(起)があり  
文末 で しよう といった 提案・意見(結)でまとまる

そう考えると

51 に入るのは の 先延ばし現象 という例示 であり、  
54 に入るのは の 先延ばしへの対処方法 という提案 であることが読まずとも分かる。

future に関連しているのは、第5段落だけだったので、53には が入る。  
消去法で 52に入るのは であることがわかる