

記述問題（英語）

Read the following passage and answer the questions.

次の英文を読んで、下の設問に答えなさい。

1. During the last decade, social media has affected various parts of society. Using the definition by Kietzmann et al. (2011, p. 1), social media are interactive platforms created by means of mobile and web-based technologies where individuals and communities share, discuss, co-create, and modify user-generated content. This study examined the different roles of social media use in relation to mental health among Norwegian young people. Twenty-seven senior high school students (aged 15 to 18) in Norway participated in focus group interviews. Some of the results are discussed below.

Expanding the social world

2. The participants said that social media **facilitated** their social lives by allowing them to make new friends. In addition, social media provided a sense of connectedness with a wider community and an understanding of issues around the world. At the same time, social media made them accessible to a wider range of people, including strangers. In four of the interviews, the participants described getting messages and group chat invitations from strangers, which they did not appreciate.

The advantages and disadvantages of being connected with friends

3. The ability to stay continuously and effortlessly in touch with friends and family through social media was highly valued as it allowed them to seek social support from family and friends. However, the opportunity provided by social media to keep up with what their friends were doing came with some negative consequences. For example, reading friends' posts about their fun experiences could bring about a feeling of missing out that makes people attend social gatherings and parties despite having plans of relaxing at home. Furthermore, several participants described a fear of missing out on what was happening among friends on social media.

4. The fear of missing out (FoMo) has been defined as “a pervasive apprehension [strong sense of anxiety] that others might be having rewarding experiences from which one is absent”, and that “FoMo is characterized by the desire to stay continually connected with what others are doing” (Przybylski et al., 2013, p. 1841). Although the emotional component of FoMo is probably a natural part of being human, it is likely strengthened by social media.

Self-presentation and upward social comparison

5. As outlined by Firth et al. (2019), upward social comparison is a mental process which may become harmful when people are active on social media, where they are frequently exposed to highly successful individuals. Participants described how people often presented themselves on social media in a positive way, thus creating a “positive bias” where people told a one-sided story of how successful and pretty they were, and how many friends and fun experiences they had.

6. On social media, people could decide how they wanted others to see them, and the feedback they receive could produce positive feelings for themselves. However, for some who read the posts, it could be unhealthy. The participants described how even though they knew that the posts showed only one side of the story, it was hard not to compare one’s own life and appearance to that of other young people and celebrities.

How reduced ‘social presence’ affects online behavior

7. Online communication was described as informal and more comfortable, compared to getting to know people outside social media. Some felt it was also easier to talk about difficult things through social media because it became more distanced and less personal, and the person receiving the message would not be able to see the sender’s reaction.

8. However, the idea of reduced ‘social presence’ in online communication, i.e. a reduction of non-verbal signals such as body language and appearance, could also make it easier to be involved in negative online behaviors (Tokunaga, 2011). Some participants were annoyed at how the content people post on social media is freely discussed and criticized, partly due to the fact that the person posting the comment does not see the receiver’s emotional reaction.

Adapted from:

Hjetland, G. J., Schønning, V., Hella, R. T., Veseth, M., & Skogen, J. C. (2021). How do Norwegian adolescents experience the role of social media in relation to mental health and well-being: a qualitative study. *BMC Psychology*, 9, Article 78.
<https://doi.org/10.1186/s40359-021-00582-x>

Answer all four sections. All answers should be written on the designated parts of the answer booklet.

4つのセクションすべてに解答しなさい。

各問題の解答は、それぞれ指定された解答用紙に記入すること。

SECTION 1: True/False questions

Read the sentence and circle the correct answer on the answer booklet.

Example:

There are eight paragraphs in the passage.

TRUE / FALSE

1) The main idea in this whole passage is about the positive effects of social media use on Norwegian young people.

TRUE / FALSE

2) The passage discusses some results from interviews with students. (Paragraph 1)

TRUE / FALSE

3) According to the definition of social media used in the passage, interaction is not a feature of social media platforms. (Paragraph 1)

TRUE / FALSE

4) The participants could keep in touch with friends through social media. (Paragraph 3)

TRUE / FALSE

5) According to the authors, the feedback on social media always makes people feel negative about themselves. (Paragraph 6)

TRUE / FALSE

6) The participants felt it was easy to compare themselves to other young people and celebrities who were on social media. (Paragraph 6)

TRUE / FALSE

7) The authors think that only social media users experience the fear of missing out (FoMo). (Paragraph 4)

TRUE / FALSE

8) The participants agreed that the idea of reduced 'social presence' in online communication brings about the benefit of freedom in discussion and criticism. (Paragraph 8)

TRUE / FALSE

SECTION 2: Multiple-choice questions

Read the question and circle the correct answer on the answer booklet.

9) Which of the following sentences is true? (Paragraph 1)

1. The participants in the study were students of the same age.
2. The participants in the study were from senior high schools in Norway.
3. The study examined the different definitions of social media in Norway.
4. The study examined which social media platform was most popular.

10) Which of the following is an example of “positive bias” mentioned in Paragraph 5?

1. Sharing all kinds of experiences
2. Telling people how to make friends
3. Showing both pretty and ugly sides
4. Sharing only successes, not failures

11) According to Paragraph 7, which of the following is NOT a reason why some participants felt it was easier to talk about difficult things through social media?

1. Because they could get advice from many people on social media
2. Because it felt more distanced talking on social media than outside of it
3. Because the receiver would not see the sender’s reaction on social media
4. Because talking outside of social media felt more personal than on social media

12) What is a possible effect of reduced ‘social presence’ on online behavior? (Paragraph 8)

1. People may show negative online behaviors.
2. People may show their emotional reactions more freely online.
3. People may pay more attention to their body language and appearance online.
4. All of the above

13) Which of the words below has the closest meaning to 'facilitate'? (Paragraph 2)

1. To make something complicated
2. To make something more important
3. To make something easier
4. All of the above

14) What is meant by 'social media made them accessible to a wider range of people'? (Paragraph 2)

1. The participants could invite several friends and strangers for group chats.
2. A larger number of participants could understand issues around the world easily.
3. The participants could contact different people by sending them messages.
4. A larger number of different people could reach the participants on social media.

15) Which of the following is NOT true of 'upward social comparison'? (Paragraphs 5 and 6)

1. 'Upward social comparison' is a mental process which may be harmful.
2. Active users of social media may do 'upward social comparison'.
3. Seeing successful people on social media may make users do 'upward social comparison'.
4. To communicate with highly successful people, one should do 'upward social comparison'.

SECTION 3: Summary question

Read the question and write your answer in English.

16) Write a summary based on relevant parts in Paragraphs 3 and 4, explaining what the fear of missing out (FoMo) is, how it is related to social media, and ways in which social media users may experience FoMo. Write your answer on the answer booklet.

Important note: You may use some key words from the passage in your answer, but do NOT copy sentences from the passage. Points will not be given for copied sentences.

SECTION 4: Short response question

Read the question and write your answer in English.

17) The passage discussed how social media use has affected Norwegian young people. How has social media use affected young people in your country? Discuss your opinions in relation to the ideas in the passage. Support your answer by giving and explaining examples. It is recommended that you give examples of what you studied or learnt from the news. Your answer should be about 150 words (+/- 50 words). Write your answer on the answer booklet.