

# 2024年度入試

## 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。

### **Introduction**

1. In 2021, more than half of the world's population, totaling 4.3 billion people, had social media accounts, spending an average of approximately two and a half hours per day on social media platforms (GWI, 2021; We Are Social, 2021). Few technologies have had such a major impact on people's daily lives and social interactions since the creation of television. This passage is a summary of research that evaluated the relationship between the introduction of Facebook to American university students and their state of mental health.

2. As social media gained popularity in the mid-2000s, the mental health of adolescents and young adults in the United States began to deteriorate (Patel et al., 2007; Twenge et al., 2019). For example, between 2008 and 2018, the number of individuals aged 18–23 that reported experiencing a depressive episode in the past year increased by 83 percent (NSDUH, 2019) and suicides among individuals aged 15–24 became more prevalent, even becoming the second leading cause of death in this age group (NCHS, 2021). The exact causes of these trends remain largely unknown, but some scholars have suggested that the widespread use of social media may be a significant contributing factor (Twenge et al., 2019). However, conclusive evidence regarding the relationship between social media use and mental health is still limited.

3. The research summarized in this excerpt presented empirical evidence of the influence of social media on mental health by examining a unique phenomenon: the phased introduction of Facebook at various US colleges in the mid-2000s. Through empirical analysis, the researchers discovered that the introduction of Facebook had a detrimental effect on student mental health. The researchers also observed that students were more likely to report that their academic performance was negatively affected by poor mental health after the introduction of Facebook. Furthermore, there is additional evidence supporting the idea that these results are consistent with Facebook's role in facilitating unfavorable social comparisons among students.

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## History

4. Facebook was initially launched at Harvard in February 2004 and gradually introduced to other colleges in the United States and abroad over the next two and a half years. The staggered rollout was implemented by requiring users to have verified email addresses, such as those ending in "@harvard.edu." The expansion of Facebook across US colleges was not random; more selective colleges gained access to Facebook earlier than less selective ones. The phased expansion can be attributed to three factors: first, limitations in server capacity; second, Facebook's desire to maintain a sense of exclusivity; and third, Facebook's goal of strengthening network effects by ensuring a high percentage of users were acquainted with each other offline.

5. Even in its early stages, Facebook gained tremendous popularity, quickly becoming widely adopted by students once granted access. Data from Facebook reveals that, on average, from the colleges that had access, there were 86 Facebook users for every 100 undergraduate students in September 2005 (Arrington, 2005). Usage of the platform was also intensive, with approximately three-quarters of users logging in at least once a day and the average user logging in six times per day in early 2006 (Hass, 2006). Despite not yet being accessible to the general public, Facebook became the ninth most visited website on the internet by early 2006 (Hass, 2006).

## Data Sets

6. The first dataset contains information on the dates when Facebook was introduced at 775 US colleges. For the first 100 colleges, the authors of this research obtained introduction dates from previous studies (Traud et al., 2012; Jacobs et al., 2015). To determine the introduction dates for the remaining 675 colleges, the researchers utilized the Wayback Machine, an online archive that stores snapshots of websites at different time points. By examining snapshots of Facebook's front page from spring 2004 to spring 2005, the researchers reconstructed the introduction dates for each college and created a Facebook expansion dates dataset that lists each college and the corresponding dates of Facebook's introduction at each institution.

7. The second dataset comprises responses from over 430,000 individuals participating in seventeen consecutive distributions of the National College Health Assessment (NCHA) survey, which focuses on the mental and physical health of college students. The NCHA survey was developed in 1998 to gather information on various aspects of student health, including demographics, physical health, mental health, substance use, sexual behavior, and perceptions of peers' behaviors. The survey includes questions about symptoms of mental illness and the utilization of mental healthcare services. This dataset allowed the researchers to determine whether a survey respondent attended a college with Facebook access at the time of participation. Notably, the NCHA survey does not include questions about social media use, making it impossible to directly link individual respondents to having a Facebook account. However, the dataset enabled the researchers to examine the mental health outcomes of students attending colleges with Facebook access during the survey period.

### **Research Results**

8. Overall, the researchers found evidence that indicated a negative impact of Facebook's introduction at colleges on student mental health. The results also suggest that the negative effects are more severe among students who are predicted to be more vulnerable to mental illness based on factors like gender and age. Furthermore, longer exposure to Facebook is associated with intensified negative effects on mental health. The findings align with the hypothesis that Facebook contributes to unfavorable social comparisons among students. However, readers should be careful when interpreting the results due to limitations such as the inability to account for later social media features, potential measurement errors in self-reports, and the focus on a specific demographic group. Future research should explore the effects of social media on mental health among other demographic groups and consider the evolving nature of social media platforms.

Adapted from:

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Answer all four sections. All answers should be written in 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 each sentence and circle the correct answer in the answer booklet.

**Example:**

There are eight paragraphs in the passage.

TRUE / FALSE

1) The passage discusses the impact of the introduction of Facebook on the mental health of university students worldwide.

TRUE / FALSE

2) The increase in depression among university students is definitely attributed to the widespread use of social media.

TRUE / FALSE

3) The research examined the introduction of Facebook at various colleges at different times to provide evidence of its effect on mental health.

TRUE / FALSE

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4) The phased expansion of Facebook across US colleges was only due to limitations in server capacity.

TRUE / FALSE

5) Usage data from the early stages of Facebook showed that it became one of the least visited websites on the internet by early 2006.

TRUE / FALSE

6) The researchers determined introduction dates for colleges by directly asking college students about when they gained access to Facebook.

TRUE / FALSE

7) The NCHA survey includes questions about individual respondents' social media use and their possession of a Facebook account.

TRUE / FALSE

8) One of the research findings suggested that Facebook most strongly affects those students who are already vulnerable to mental illness based on gender and age.

TRUE / FALSE

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## SECTION 2: Multiple-choice questions

Read each question and circle the correct answer in the answer booklet.

- 9) What is the main idea of the passage? (Introduction)
- 1) The history of social media platforms
  - 2) The impact of Facebook on the mental health of American university students
  - 3) The popularity of social media in the mid-2000s
  - 4) The introduction of Facebook to the general public
- 10) Which of the following words can be used as a synonym for "deteriorate" as used in the passage (paragraph 2, line2)?
- 1) Develop
  - 2) Improve
  - 3) Decline
  - 4) Expand
- 11) In the context of the passage, what does the word "empirical" mean (paragraph 3, line 1)?
- 1) An idea that has no real-world use
  - 2) Something people commonly believe
  - 3) Information obtained from tests and observations
  - 4) A point of view that is influenced by emotions
- 12) What is one reason for the phased introduction of Facebook to different colleges? (paragraph 4)
- 1) To establish a sense of exclusivity
  - 2) To increase server capacity
  - 3) To promote public access
  - 4) To encourage offline networking

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- 13) Why did Facebook become popular even before being accessible to the general public? (paragraph 5)
- 1) Due to its advanced features
  - 2) Because it was promoted by universities
  - 3) Because it was widely advertised
  - 4) Due to its popularity among college students
- 14) How did the researchers determine the introduction dates of Facebook at various colleges? (paragraph 6)
- 1) By directly asking college students
  - 2) By analyzing server capacity
  - 3) By using the Wayback Machine
  - 4) By examining official Facebook records
- 15) What aspect of college students' health does the National College Health Assessment (NCHA) survey focus on? (paragraph 7)
- 1) Only physical health
  - 2) Only mental health
  - 3) Both physical and mental health
  - 4) Only social media usage
- 16) What was one of the conclusions drawn from the research findings? (paragraph 8)
- 1) Facebook has no impact on mental health
  - 2) Social media platforms are completely harmless
  - 3) Vulnerable students are not affected by social media
  - 4) Longer exposure to Facebook intensifies negative effects on mental health

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## SECTION 3: Summary question

Read the question and write your answer in English.

17) Write a summary of the section called “History” (paragraphs 4 and 5). Explain how Facebook was developed and introduced to society in the 2000’s. Include information about how Facebook grew to become one of the most popular forms of social media. Your answer should be about 10 lines of text. Write your answer in 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.



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## SECTION 4: Short response question

Read the question and write your answer in English.

18) The passage discussed the impact of social media on the mental health of university students. What are your views about the relationship between social media and mental health? 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 have studied or learned from other sources. Your answer should be about 15 lines of text. Write your answer in the answer booklet.