

令和 8 年度入学者選抜学力検査問題

(前期日程)

英 語

(注 意)

- 1 問題紙は指示があるまで開いてはいけません。
- 2 問題紙は本文 11 ページです。答案用紙は 3 枚あります。
- 3 答えはすべて答案用紙の指定のところに記入してください。
- 4 問題紙と下書き用紙は持ち帰ってください。

令和8年度金沢大学入学者選抜試験

問 題 訂 正

【英語】

大問Ⅱ 7 ページ 下から8行目

(誤) … let their imagination to determine what happens
next.

(正) … let their imagination determine what happens
next.

I Read the following two texts and chart and answer the questions. As for the words marked with an asterisk (*), see the notes at the end of the text.

The Benefits of Having Houseplants

By Kristine Lang

Plants are beautiful. Who doesn't love having beautiful flowers and interesting foliage to look at every day? Whether you choose to fill your home with a variety of plants, or simply add one or two, houseplants offer numerous advantages. They can elevate your décor*, as well as satisfy culinary*, intellectual, and emotional needs. With the rise of remote work, it's worth noting that having plants in the workplace can even boost employee productivity.

Houseplants can also add variety to an otherwise human, straight-line dominant environment. Like outdoor plants, houseplants are appealing and can serve many functional purposes. When planted and placed correctly, houseplants can screen, fill space, soften lines, hide views, improve traffic flow, reduce noise, and create space. Without knowing the other beneficial aspects of houseplants, one might choose a houseplant simply based on its appearance. The aesthetics of houseplants is the most common benefit, but there are multiple other benefits as well.

Humans share a deep bond with nature, and surrounding ourselves with natural elements can promote calmness, contentment and, as research shows, enhanced focus. Having indoor plants can offer similar benefits. Multiple studies have shown that caring for plants can help reduce stress and improve mood. Interacting with plants helps suppress sympathetic nervous system activity and reduces blood pressure. Matthew Wichrowski, a clinical assistant professor and senior horticultural* therapist at NYU Langone Medical Center,

is quoted as saying, “Horticulture has great potential for improving human health and wellness.”

Another great psychological benefit of plants is that they help us work better. A University of Michigan study has shown that studying and working in the presence of plants increases concentration, memory, and productivity. According to the study, being “under the influence of plants” increases memory retention by up to 20%. A study by Texas A&M University showed that working and studying around plants leads to better quality and higher accuracy.

Houseplants can also provide much-needed moisture to dry environments. Plants release moisture from tiny pores in their leaves through the process of transpiration, thus increasing the humidity of the surrounding air. Plants are estimated to release nearly 97% of the moisture they consume.

Although it may not seem desirable to increase indoor humidity during the hot and humid months, doing so can be extremely beneficial during dry winter months. A study by the Agricultural University of Norway has shown that, when grouped together, houseplants decrease the likelihood of dry skin, common colds, and sore throats.

According to a Clean Air Study by NASA in 1989, houseplants help purify indoor air. The study was conducted in a controlled, sealed environment, which somewhat contrasts with homes. Our living spaces are not as controlled, and many pollutants emitted from various everyday objects exist. Nevertheless, houseplants do not harm indoor air quality, and instead enhance it, even if marginally.

(Adapted from Kristine Lang, “The benefits of having houseplants,” *South Dakota State University Extension*, May 29, 2025)

Notes:

*décor: the style and arrangement of a room or space

*culinary: relating to preparing or enjoying food

*horticultural: related to the science of growing plants

Can Houseplants Make You Happier?

By Sean O'Brien

Studies have shown that the biggest benefits to health from having houseplants are psychological. Spending time with houseplants lowers cortisol levels, the hormone our bodies produce when we're under stress. Being around plants reduces the amount of cortisol in our bloodstream, leading to feeling less stress. Additionally, research suggests that having and caring for houseplants can reduce heart rate and blood pressure. Experiments in hospitals have even shown that ornamental plants in rooms can improve outcomes for patients recovering from surgery. All these findings point toward the idea that having plants in our environment makes us feel calmer, more at ease and happier.

One commonly repeated health benefit of houseplants is that they clean harmful chemicals from the air. This belief largely stems from a NASA study in the late 1980s that suggested houseplants could filter out harmful chemicals such as benzene and formaldehyde which are common indoor air pollutants. While it is true that some plants do filter chemicals from the air, the often-cited study was focused on sealed environments found in space capsules and the Space Station. The findings are not applicable to homes and buildings that have air exchange with the outdoors.

(Adapted from Sean O'Brien, "Can houseplants make you happier?,"

University of New Hampshire Extension, February 15, 2025)

著作権の関係上，公開しません。

(Adapted from Luke Revitsky, “Gen Z houseplant ownership stems from the desire to care for something alive,” *CivicScience*, April 20, 2020)

Question 1: Based on the information provided in the two texts and the chart, circle “**T**” in the answer box for each statement (A) to (F) if it is true; circle “**F**” if the statement is false; and circle “**NE**” if there is not enough information to decide if the statement is true or false.

- (A) Houseplants do not add any variety to places where humans live.
- (B) Being around plants has no effect on our ability to remember things.
- (C) People in Norway are less likely to have dry skin, common colds, and sore throats.
- (D) Improving air quality is the key reason for some people to have houseplants, but for others it is enjoying being responsible for them.
- (E) When experiencing stress, humans produce a specific hormone.
- (F) The belief that houseplants remove unwanted chemicals from the air is an often expressed idea.

Question 2: Based on the information provided in the two texts and the chart, which choice best completes the sentences (G) to (J)? Circle the number in the answer box.

(G) Kristine Lang suggests that under some conditions houseplants can _____ .

- (1) cause stress to the owner
- (2) improve our sense of color
- (3) make a room quieter
- (4) reduce the loneliness of remote work

(H) According to Kristine Lang, plants are estimated to keep _____ of the moisture they take in.

- (1) about 97%
- (2) about 3%
- (3) an equal amount
- (4) more than half

(I) Sean O'Brien reports that _____ can help people get better after an operation.

- (1) increased cortisol levels
- (2) ornamental plants
- (3) reduced air pollutants
- (4) taking care of plants

(J) The chart shows that _____ is related to the least common reason for having a houseplant.

- (1) an enjoyable hobby
- (2) better mental health
- (3) food preparation
- (4) interior design

Question 3: Based on the information provided in the two texts and the chart, answer the questions (K) to (N). For each question, write one complete sentence in English.

(K) According to Kristine Lang, what is probably the key factor for selecting a plant for people who are not aware of the many benefits of houseplants?

(L) According to both Kristine Lang and Sean O'Brien, what may happen inside a person's body as a result of interacting with houseplants?

(M) Which two reasons shown in the chart are not suggested in the first paragraph of the text by Kristine Lang?

(N) According to both Kristine Lang and Sean O'Brien, one reason in the chart is not strongly supported by scientific evidence. Which one and why?

II Read the following passage and answer the questions.

Letting Go to Let Them Grow? Exploring Free-Range Parenting

Parenting styles vary greatly from one family to another and are shaped by individual values, beliefs, and experiences. Experts who have studied parenting approaches agree that there is no single “correct” way to raise children. However, one approach gaining attention is free-range parenting. This method emphasizes fostering a child’s independence by allowing them to be free to explore their world on their own, often with minimal adult supervision. Free-range parenting supporters believe that kids should make mistakes, again and again, until they get it right. According to Dr. Regine Muradian, a licensed clinical psychologist and author, the goal of free-range parenting is to foster life skills, self-confidence, and a strong sense of responsibility.

So, what exactly is free-range parenting? It often involves parents encouraging children to entertain themselves through unstructured play. This may include outdoor activities such as climbing trees, catching insects, or throwing rocks into a river, as well as freely exploring public places in the community. Indoor play can also be unstructured, for instance, having fun with drawing, painting, or other arts and craft activities. Dr. Brooke Treloar, a pediatrician with many years of experience, believes that the purpose of unstructured play is to allow children a chance to play freely and let their imagination to determine what happens next. She suggests that there is value in simple activities like giving a child a large cardboard box and letting them just have fun with it.

Some parents may feel that unstructured play could be dangerous. According to Gever Tulley, who wrote the book *50 Dangerous Things (You Should Let Your Children Do)*, parents should not worry too much. He believes that a good way to keep children safe is to let them experience a small amount of danger. Tulley offers suggestions for interesting activities such as letting children play with fire, break

glass, use power tools, and even drive a car (if on private property). While parents may be involved in some planning to provide a supportive environment, children make their own choices about problem-solving and get hands-on experience.

Kathleen Felton, a writer who offers guidance to new parents, outlines several developmental benefits associated with this approach. One major advantage is that experience builds independence. In other words, when children are allowed to learn ^(B) the ropes of problem-solving on their own, they develop confidence and improve their ability to navigate future challenges. An additional benefit is that time spent outdoors is linked to better social development and a more positive mindset. Outdoor play can reduce stress, improve adaptability, and enhance decision-making skills. Lastly, Felton argues that the open-ended nature of free-range parenting is a strong point. Since children are not scheduled for every hour of the day, a space for imaginative and self-directed play is possible, which many experts believe is crucial for fostering creativity.

However, Felton acknowledges that free-range parenting may have some potential problems. One is the double-edged sword ^(C) of promoting independence in children but creating stress for parents, especially in the early stages. Although the method aims to build long-term confidence for both parents and kids, the transition can be emotionally difficult. Another issue is unfair judgment by society. Despite growing acceptance, some people still view free-range parenting as unsafe, leading to criticism or misunderstanding. There is also some concern regarding brain development. Younger children may not have the judgment to make complex decisions because the parts of the brain that control logic and self-control are still growing until early adulthood. Lastly, Felton also stresses the drawback ^(D) that safety risks may vary depending on the environment. For example, families living on busy streets with speeding cars may not face the same challenges as those living in quiet neighborhoods with little traffic.

Another challenge of the free-range way is pointed out by parenting expert Leah Campbell, who explains that the tide has turned, and society no longer provides the same support for raising children as it did 20 years ago. In the past, parents often felt safe letting their children play freely in the neighborhood because they trusted that other parents were doing the same. Parents in a community usually took the role of casually watching out for one another's kids. If a child was injured or something went wrong, neighbors would step in to help and keep each other informed. Today, that sense of community is much harder to find. Many parents are more focused on their own families, with their children likely playing video games indoors. According to Campbell, the "village mentality" that once supported a freer style of parenting has diminished. In fact, parents today might be more likely to get a visit from the police than receive help from a neighbor if their child is seen wandering outside alone.

Question 1: Which of the following is closest to the meaning of the words (A) to (E) underlined in the passage? Circle the number in the answer box.

(A) "unstructured"

- (1) lacking creativity
- (2) not organized too much
- (3) totally constructed
- (4) without building up

(B) "learn the ropes"

- (1) avoid challenges
- (2) gain experience
- (3) judge the time
- (4) manage the pressure

(C) “double-edged sword”

- (1) both new and old methods
- (2) confusing directions
- (3) positive and negative effects
- (4) two dangerous problems

(D) “drawback”

- (1) act of choosing something
- (2) decrease in support
- (3) negative aspect of a situation
- (4) quality of deserving admiration

(E) “the tide has turned”

- (1) attitudes have changed
- (2) children have become less healthy
- (3) policies have become more complex
- (4) population has decreased

Question 2: Read sentences (F) to (J). For each sentence, decide who is most likely to hold the opinion and write their last name (Muradian, Treloar, Tulley, Felton, or Campbell) in the box on the answer sheet.

(F) Kids’ imagination can be developed through playing with objects that were not originally intended as toys.

(G) Parents today tend not to pay attention to other people’s children.

(H) Some parents may experience difficulty in the beginning when they try free-range parenting.

(I) Parents should consider the value of a slightly unsafe activity such as playing with a box of matches.

- (J) Free-range parenting aims to help children become responsible, confident, and gain useful skills.

Question 3: Read statements (K) to (O) and select one statement that best summarizes the passage. Circle the letter in the answer box.

- (K) Free-range parenting has some potential problems, but these can be ignored since children can develop independence.
- (L) The free-range parenting approach has a number of benefits, but it may have some problems, too.
- (M) Free-range parenting is dangerous, but it can encourage children to take up new challenges.
- (N) Some specialists argue that the help of the local community is necessary to support parents to raise their children.
- (O) Parenting styles vary widely based on personal values and experts agree there is no single right method.

Question 4: What do you think about free-range parenting? Write one paragraph in English that explains your opinion. Follow the instructions below.

- Write at least 100 words. You may write more if needed.
- Your paragraph should include things that you learned from the passage and should also be supported with your original ideas. For example, you may include your own observations, knowledge, or experiences.
- Be careful that you write original sentences and do not copy directly from the passage.

