

令和7年度青森県立保健大学
学校推薦型選抜（看護学科）

小論文試験問題

10:15～11:45（90分）

〈注意事項〉

- 1 試験開始の合図があるまで、問題冊子を開かないでください。
- 2 この問題冊子には、問題用紙が2ページあります。
- 3 落丁・乱丁がある場合は、手を挙げて試験監督者に知らせてください。
- 4 解答用紙には、下記の記入例により **あなたの名字の頭2文字及び受験番号を忘れず**に記入してください。
- 5 問題冊子及び下書用紙は持ち帰ってください。

〈解答用紙への記入例〉

（例1）

頭2文字	ス	ズ	（鈴木：スズキ）
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（例2）

頭2文字	ザ	イ	（財前：ザイゼン）
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（例3）

頭2文字	キ	ッ	（吉川：キッカワ）
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受験番号	1	1	3	0	0	1
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看護学科

問題 次の英文を読んで、後の問に日本語で答えなさい。（*には注釈があります。）

①Quality sleep is essential for maintaining mental and physical health. Not only should individuals improve their own daily habits, companies and schools also need to take steps to ensure good sleep.

According to a survey by the Health, Labor and Welfare Ministry*, 40% of those aged 20 or older sleep less than six hours a night, which is considered insufficient. In addition to time spent working, this has been attributed to* the fact that people use smartphones and play video games before bed.

Insufficient sleep can easily lead to ailments* such as high blood pressure and diabetes*. The ministry's white paper on measures to prevent death from overwork* cautions that a lack of sleep increases the risk of depression*.

However, how much sleep is needed varies from person to person, depending on age and amount of daytime activity.

The ministry has revised* its ②guidelines for sleep to promote health, presenting recommended times by age group. It states that adults should sleep at least six hours, while elementary school students should sleep nine to 12 hours and junior high and high school students should sleep eight to 10 hours.

The guidelines say elderly people should take care not to stay in bed for longer than eight hours unless they have health problems, since the elderly do not need prolonged* sleep.

In addition, sleeping late on one's days off to make up for insufficient sleep on weekdays might disrupt* the rhythm of daily life and be detrimental* to one's health. The government should strive to* inform the public about what to keep in mind in sleep and health.

Problems in sleeping can lead to poor work efficiency and accidents. Companies should also give consideration to improving the quality of sleep of their workers.

Some companies are using sleep management apps* to help employees improve their health. There are also businesses that are working to set up dedicated spaces within the company for napping*, as appropriate napping improves work efficiency. Each company should devise and promote their own efforts.

The market for sleep-related products has been expanding in recent years. Many products are on the market, such as bedding meant to ensure a good night's sleep and devices to measure sleep quality, indicating a high level of interest among the public.

As for individual efforts, reviewing lifestyle habits is also effective. For example, bathing should be done one to two hours before bedtime and nightcaps* and excessive consumption* of caffeine should be avoided.

③Insufficient sleep among children is a concern. Most elementary, junior high and high school students sleep around seven hours. Adults must be careful to ensure that staying up late does not become a habit for children.

The city of Sakai provides sleep education for elementary and junior high school students. In addition to teaching them about the benefits of sleep and the amount of time needed, the city has students record their sleep status, and if there are problems, the school side consults with students and their parents to find ways to improve sleep. It is important to promote such efforts across the nation.

(出典:『Quality Sleep: First Make Efforts to Review Lifestyle Habits』, The JAPAN NEWS, April 8, 2024 より抜粋。ただし、出題の都合上、文章の一部を省略・改変している。)

*Health, Labor and Welfare Ministry 厚生労働省

*be attributed to ～に起因する

*ailment 病気

*diabetes 糖尿病

*The ministry's white paper on measures to prevent death from overwork

厚生労働省の「過労死防止対策白書」

*depression うつ病

*revise 改定する

*prolong ～を延ばす、長引かせる

*disrupt 崩れる

*detrimental 有害な

*strive to 努力する

*app アプリ

*napping 昼寝

*nightcap 寝酒

*consumption 消費、摂取

問1 下線部①のための個人の取り組みについて、本文の内容から2つ、それぞれ20字以内で具体的に書きなさい。

問2 下線部②のうち、本文で取り上げられている内容について、本文中から3つ取り上げ、それぞれ50字以内で書きなさい。

問3 下線部③について、次の問に答えなさい。

(1) 下線部③の対策として実際に行われている取り組みについて、本文の内容を踏まえ、70字以内で説明しなさい。

(2) (1)で解答した取り組み以外に、どのような取り組みが考えられるか。あなたの考えを600字以上800字以内で述べなさい。