

Thinking about Human Life and Society

人間生活と社会福祉を読み解く新たな視点

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まえがき

現代の日本には、所得格差や少子高齢化、医療、保健、保育、健康などの様々な社会問題があり、これらの諸問題にどのように適切に対応していくかが課題となっております。またそれに伴い、これらの分野における話題や情報が急速に増えており、私たち一人ひとりが関連する分野の情報について関心を持ち理解を深めることが大切だといえるでしょう。

このテキストは、社会の中で問題を抱えている人たちがより幸せに暮らすために取り組んでいる各分野の研究者たちの実践について比較的平易な英語で紹介しています。全体は15課で構成され、各課は、福祉に関する英文を軸に、以下の5つのセクションが有機的に配置され、語彙の増強、読解力の向上、文法の復習、リスニング・ライティング力の向上をねらいとしています。

≫ Warm-up Activities: 本文の内容に関連した写真や各課のトピックに関する質問を通して学習者の興味を喚起し、新出語句や重要語句について確認します。

≫ Reading Activities: 500～600語程度のテキストを読み、Comprehension Checkで設問に答えながら内容を深めます。さらにSummaryで本文の内容を確認します。

≫ Writing Activities: 本文に出てきた文法や構文を利用した並べ替えや英作文のアクティビティを通じ、英語での表現力を養います。

≫ Listening Activities: 本文に出てきた、語彙・語句などの発音を確認し、本文の内容に関する穴埋め問題やディクテーションを通じ、意味を効率よく聞き取る練習をします。

≫ Another Challenge: 本文の内容について自分の意見を述べることで、自律的・発展的学習へとつなげます。

本書の5つの特徴

1. 教材や練習問題が易しいものから高いものに配置しており、徐々に流暢さを高めることができるように構成されています。
2. 言語使用者としての自立性を高めるため、練習問題の内容が徐々に学習者中心の活動に移行するように構成されています。
3. リーディングの教科書ではありますが、リスニング、ライティング、スピーキングの技能を使うタスクを含めることで多角的に学習内容を身につけられるように配慮しています。
4. 福祉に関するトピックを広い領域に渡って専門家が書いています。
5. 社会福祉に関連した語彙を学べるように配慮してあります。

本書は巻末に記載されている方々の協力によって作成されました。心より御礼を申し上げます。学生の皆さんが、各ユニットの英文を通して英語力を養い、現代の諸問題について関心と理解を深め、それぞれの問題について自ら積極的に考え学んでいく姿勢を身に着けていってほしいと願っています。

編著者

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Unit 1 Health and Social Welfare

1

健康と社会福祉



Warm-up Activities

A 下記の質問について話し合ってみましょう。

1. What do you think “health” means?
2. Do you know how many people die from cancer in Japan each year?
3. What kind of support do you think we can provide for a family member who is ill?

B 下記の語句に該当する日本語を右から選び、その記号を () に書き入れましょう。

- | | |
|-------------------|-----------|
| 1. () well-being | (a) 身体的な |
| 2. () patient | (b) 癌 |
| 3. () cancer | (c) 精神的な |
| 4. () treatment | (d) 幸福 |
| 5. () physical | (e) 医学の |
| 6. () anxiety | (f) 不安、心配 |
| 7. () medical | (g) 患者 |
| 8. () mental | (h) 治療 |

C B に出てきた語句を () に入れて文を完成させてください。必要な場合は形を変えてください。

1. () activity can help reduce () and depression.

2. He always looks after his brother’s emotional ().
3. The () was kept alive by the artificial heart for almost five months.
4. Cigarette smoking multiplies the risk of ().
5. The more () science advances, the more expensive () are becoming.

Health and Social Welfare 02

How would you respond if you were asked to define health? Many people probably believe that being healthy means not getting sick or ill. The Charter of the World Health Organization¹ signed in 1946 and brought into force in 1948 considered people’s health to be fundamental to the attainment of peace and security, and declares that “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” From this perspective, when approaching various health problems, holistic practices are required not only for the body but also for the human mind and social environment.

A survey by the Ministry of Health, Labour and Welfare conducted in 2014 made it clear that there is an extremely meaningful relationship between the state of one’s health and one’s feeling of happiness. Health is important for the happiness of all people, and social welfare uses specific methods to achieve it. Therefore, there is a strong affinity between health and social welfare, and while Japan has a robust social support system relative to other developed nations, there are still areas that require attention.

For example, in recent years, the number of elderly people living with some kind of disease has been on the increase, which causes troubling mental and social issues, such as solitude and isolation. Therefore, social support is essential to the health of the elderly.

1. _____ 定義する
2. _____ 基本的な
3. _____ 達成
4. _____ 宣言する
5. _____ 病弱
6. _____ 観点
7. _____ 全体的な
8. _____ 有意義な
9. _____ 特定の
10. _____ 関連性
11. _____ 強靱な
12. _____ 孤独
13. _____ 孤立

Also, support such as adjustments in workplace environments is needed for the rising number of people suffering from mental health problems caused by chronic social stress from daily life. Such health-related problems are closely linked to and have a major impact on all our daily lives.

Health-related issues are a particular threat to our well-being due to the stress they cause. For example, while more and more cancer patients are recovering thanks to the advances in medical science, people still generally believe that cancer is a recurring, metastatic, incurable disease. For this reason, cancer patients and their families often feel uncertainty, anxiety, and fear about the future. In addition, patients who have to quit their jobs to receive medical treatment will also experience financial anxiety.

Another problem with cancer is that the family of a cancer patient is considered a “secondary patient,” and they are expected to fulfill the role of a caregiver. This can have a major impact on the family’s lifestyle. For example, the burden of taking on new roles, such as housework and childcare, causes friction within the family and leads to the deterioration of family relationships. Adding to that, family members of cancer patients who must provide end-of-life care may have to make serious decisions on whether to provide life-prolonging treatments² or to allow them to die with dignity³. Thus, health-related problems involve not only physical treatment for the patient, but also the need for livelihood support for the patient’s family.

In summary, health and social welfare are closely interrelated, and both must take into account emotional and social issues. As a result,

14. _____ 慢性的

15. _____ 脅威

16. _____ 再発する

17. _____ 転移する

18. _____ 治らない

19. _____ 不確実性

20. _____ 二次的な

21. _____ を果たす

22. _____ 看護者

23. _____ 負荷

24. _____ 不和

25. _____ 悪化

social welfare programs in Japan aim to enhance human well-being and contribute to health by being engaged in solving life problems.

26. _____ 高める

(518 words)

◆ Notes/ 注

1. The Charter of the World Health Organization: 世界保健機関憲章
2. life-prolonging treatment: 延命治療
3. die with dignity: 尊厳のある死

≫ Comprehension Check

D 内容に関する文を完成させるために、最も適切なものを選んでください。

1. What is The Charter of the World Health Organization’s position on health?

- A. It is important to the attainment of peace and security.
- B. It is fundamental not to be sick or ill, but it is irrelevant whether one feels mental well-being or not.
- C. It is essential to address health issues, including the body, human mind, and social environment, holistically.
- D. It is crucial to approach various health problems.

2. Which of the following has NOT been revealed by the survey conducted by the Ministry of Health, Labour and Welfare?

- A. There is an extremely meaningful relationship between the state of one’s health and one’s feeling of happiness.
- B. There is a strong affinity between health and social welfare.
- C. Japan has a robust social support system relative to other developed nations.
- D. Thanks to social welfare, which uses special methods to achieve the happiness of all people, there are few areas that require attention.

3. What causes troubling mental and social issues, such as solitude and isolation?

- A. The rising number of elderly people with some kind of disease
- B. The rising number of people suffering from mental health problems
- C. Adjustments in workplace environments
- D. Chronic social stress from daily life

4. What do many people misunderstand about cancer?

- A. Cancer is a threat to our well-being.
- B. More and more cancer patients are recovering thanks to advances in medical science.
- C. Cancer is a recurring, metastatic, incurable disease.
- D. Cancer patients feel uncertainty, anxiety, and fear about the future.

5. What is caused by the burden of taking on new roles, such as housework and childcare?

- A. The family of a cancer patient is considered a “secondary patient.”
- B. The family of a cancer patient is expected to fulfill the role of caregiver.
- C. The family of a cancer patient must provide end-of-life care.
- D. The family relationships of a cancer patient’s family get worse.

» Summary

E () にあてはまる語句を語群から選んで入れて、本文の要約を完成させてください。

Health is important for the (1.) of all people, and social welfare uses (2.) methods to achieve it. Therefore, there is a strong (3.) between health and social welfare. Social support, such as (4.) in workplace environments, is needed for the rising number of people (5.) from mental health problems. Health-related issues are a particular (6.) to our well-being due to the stress they cause. In addition, patients who have to quit their jobs to (7.) medical treatment will also experience financial (8.). Thus, health-related problems involve not only physical treatment for the patient, but also the need for livelihood support for the patient’s family. As a result, social welfare programs in Japan aim to (9.) human well-being and (10.) to health by being engaged in solving life problems.

◆ 語群

- a. receive b. suffering c. contribute d. affinity e. specific
- f. happiness g. enhance h. adjustments i. anxiety j. threat

» Writing Activities < 品詞 part of speech >

F 次の英文中の下線部には英単語が入ります。[] の単語を適切な品詞に変え、日本語訳を参考にして、文を完成させましょう。

1. 我々は難しいけれども達成可能な目標を設定するべきだ。
We should set challenging but _____ goals. **[attain]**
2. 他の店と比べると、この店は値段が比較的安い。
Compared to other stores, prices are _____ low at the store.
[relative]
3. 私は娘のことが非常に心配だ。
I am very _____ about my daughter. **[anxiety]**

G 日本語の意味になるように、() 内の語句を並び替えましょう。

1. 彼女は怪我から完全に回復した。
She (her injuries / has / from / fully recovered).

2. その薬は癌の治療に効く。
The (effective / of cancer / medicine / in / is / the treatment).

3. 我々は異なる観点からその問題に取り組まなければならない。
We (the problem / have to / perspective / from / approach / a different).

4. 彼女の不注意な運転で父親に大きな心配をかけた。
Her (great anxiety / caused / driving / careless / her father).

5. 彼らは彼女が無実だということを明らかにしなければならない。
They (innocent / have to / she is / make / that / clear / it).


» Listening Activity  03

H Dictation » Write what you hear.

1. In order to solve various health problems, holistic approaches are needed _____.
2. _____ other developed nations, Japan _____ that need to be resolved.
3. More people _____, such as adjustments to their workplace environments.
4. Social welfare programs in Japan _____ by giving assistance in tackling life's difficulties.

» Another Challenge

I 職場環境とメンタルヘルスについて調べてみましょう。



Unit
2

Care Workers from Overseas

外国人介護労働者



» Warm-up Activities

A 下記の質問について話し合ってみましょう。

1. What is the woman in the photograph above doing?
2. Where do you frequently see foreigners working in daily life?
3. What do you know about the current situation and issues of foreign workers in Japan?

B 下記の語句に該当する日本語を右から選び、その記号を () に書き入れましょう。

- | | |
|----------------------|-----------|
| 1. () accelerate | (a) 候補者 |
| 2. () estimate | (b) 同等の |
| 3. () candidate | (c) 試算 |
| 4. () certified | (d) 資格 |
| 5. () facility | (e) 獲得 |
| 6. () qualification | (f) 加速する |
| 7. () comparable | (g) 施設 |
| 8. () acquisition | (h) 保証された |

C B に出てきた語句を () に入れて文を完成させてください。必要な場合は形を変えてください。

1. Exposure to the sun is said to () the development of skin cancer.
2. Basic education () are those such as kindergarten and elementary schools.