

[1] 次の文章を読み、解答欄の枠内で設問に答えなさい。

Some hospital patients surprise the medical staff by expressing positive emotions about their current situation, despite being seriously ill. It is tempting to assume that patients who say that they feel good or contented with their lives are simply refusing to face up to the facts. In Freudian terms they appear to be denying the reality of what is happening to them.

But there is another possible explanation. Perhaps the chronically ill patients who express positive emotions are actually coping well with their lives despite their condition. In that case, the emotions that they are expressing will be those that they genuinely feel.

In an attempt to explore these two possibilities, psychologist Linda L. Viney and her colleagues in Australia interviewed more than 500 chronically ill patients, hospitalized for a variety of debilitating ailments including heart and circulatory problems; back, stomach and intestinal pain requiring surgery; as well as paralysis resulting from accidents. The researchers began each interview with a simple request: “I’d like you to talk to me for a few minutes about your life at the moment — the good things and the bad.” They recorded the patients’ replies and examined their content in detail.

Positive emotions, for example, were recognized by the patients’ use of expressions such as “My friends are very kind to me.” Feelings of competence were scored by patients’ statements such as “I was able to walk to the letter box” and sociability by phrases such as “The nurses help me a lot.”

Essentially what Viney found was that patients showing the highest level of positive emotions were also the most sociable. In contrast, those expressing the fewest positive feelings had the lowest levels of competence. Those patients with high levels of positive emotion tended to show low levels of depression as well.

Finally, the more optimistic patients felt that their handicaps did not interfere in a serious way with their ability to sustain personal relationships.

Less optimistic patients did see their handicaps interfering with their closeness to others.

When these findings are all put together, Viney suggests, they show that hospital patients expressing positive emotions are not simply denying the awfulness of their lives, but are actually coping effectively with their disease and their hospitalization. They are “preserving their psychological health as a basis for preserving their physical health,” Viney writes.

Since good interpersonal relationships contributed so much to patients’ psychological health in this study, every opportunity should be taken by the hospital staff, Viney says, to improve their relationships with each individual patient. This is not only to help the hospital run more smoothly, which it does, but perhaps also to have a positive effect on the course of the patient’s illness. All of this is perhaps no more than the concept of “holistic healing” that some nurses and physicians try to practice already. What is interesting is that as well as being a humanistic approach to treatment, it may also have a visible and entirely practical payoff by getting some of the patients out of the hospital sooner.

(出典 *Psychology Today* より)

注

Freudian < Sigmund Freud オーストリアの精神医学者 (1856-1939)

hospitalize : 入院させる

debilitating < debilitate : 衰弱させる intestinal : 腸の

ailment : 病気 paralysis : 麻痺

circulatory : 循環上の holistic : 全体観的な

1. 下線部①が具体的に何を指しているのか、日本語で説明しなさい。
2. 下線部②を日本語に訳しなさい。
3. 調査の結果、どんなことが提案されていますか。日本語で答えなさい。