Culture shock might be called a disease common with people who have been suddenly transferred abroad. Like most diseases, it has its own symptoms and cure.

Culture shock is caused by the stress that results from losing familiar signs and symbols of social intercourse. Those signs or cues include lots of ways in which we orient ourselves to the situation of daily life: when to shake hands, and what to say when we meet people, when to accept and when to refuse invitations, and so on. These cues, which may be words, gestures, facial expressions, or customs, are acquired by all of us in the course of growing up, and they are as much a part of our culture as the language we speak or the beliefs we accept. (1) All of us depend for our peace of mind and our efficiency on hundreds of these cues, most of which we do not carry on the level of conscious awareness.

Now when you enter a strange culture, all or most of these familiar cues are removed. (2) You are like a fish out of water. No matter how broad-minded or full of goodwill you may be, a series of props have been knocked from under you, followed by a sense of frustration and anxiety. People react to the frustration in much the same way. First they reject the environment which causes the discomfort. "The ways of the host country are bad because they make us feel bad." When foreigners in a strange land get together to complain about the host country and its people, you can be sure they are suffering from culture shock. Another phase of culture shock is regression. The home environment suddenly assumes a tremendous importance. Every thing back home becomes (a) glorified, and you only remember the good things. (3) It usually takes a trip home to bring one back to reality.

Individuals differ greatly in the degree in which culture shock affects them. Although not common, there are individuals who cannot live in foreign countries. However, (4) those who have seen people go through culture shock and on to a satisfactory adjustment can discern steps in the process. During the first few weeks, the new fascinate most individuals. They stay in a new place...
and associate with nationals who are polite and gracious to foreigners. This honeymoon stage may last from a few days or weeks to six months, depending on circumstances.

However, this stage does not usually last if you remain abroad and have seriously to cope with real conditions of life. There are house troubles, transportation troubles, shopping troubles, and the fact that people in the host country are largely indifferent to all these troubles. They help, but they do not understand your great concern over these difficulties. Therefore, they must be insensitive and unsympathetic to you and your worries. The result: "I don't just like them." You become aggressive, and you band together with others from your country and criticize the host country, its ways, and its people. This stage of culture shock is in a sense a crisis in the disease. If you come out of it, you stay; if not, you leave before you reach the stage of a nervous breakdown.

If you succeed in getting some knowledge of the language and begin to get around by yourselves, you are beginning to open the way into the new cultural environment. You still have difficulties, but you take a "this is my problem, and I have to bear it" attitude. Usually in this stage, you even take a superior approach to people of the host country. Your sense of humor begins to exert itself. Instead of criticizing, you joke about the people and even tell jokes about your own difficulties. You are now on the way to recovery.

When your adjustment is about as complete as it can be, you accept the customs of the country as just another way of living. You operate within the new surroundings without a feeling of anxiety, and you not only accept the food, drinks, habits, and customs, but begin to enjoy them. When you go home (b) leave, you may even take things back with you; and if you leave (c) good, you usually miss the country and the people to whom you became accustomed. [Partly adapted]
3. You want to go back to your country.
4. You have to overcome the difficulties.

問3 下線部(3)が意味することを、30字以内の日本語で説明しなさい。

問4 下線部(4)を日本語に訳しなさい。

問5 空所( a )に補う最も適切な1語を 1-4 の中から1つ選びなさい。
1. insensibly  2. unjustifiably  3. illegally  4. irrationally

問6 空所( b )と( c )のそれぞれに入る最も適切な1語を書きなさい。

問7 本文の内容と一致するものを、次の 1-10 の英文の中から選びなさい。
1. Even those who never leave their home country sometimes suffer from a
certain culture shock.
2. We all gradually learn our ways of living in the course of growing up
in our own culture.
3. We are always conscious of the signs which help us adjust to the situ-
ation of daily life.
4. You had better complain about the host country with others from your
country to ease the culture shock you are suffering from.
5. We take pride in our own ways of life only after we have gone through
various difficulties in a foreign country.
6. You come to think ill of the ways of the host country when you find it
hard to deal with real conditions of life abroad.
7. To solve many difficulties in a foreign country, you have nothing to do
but ask the people in the country for help and sympathy.
8. To lead a happy life in a foreign country, you should put out of your
mind all the ways of life you have at home.
9. Whether you can live comfortably in a foreign country or not depends on
the first impression you get of the country.
10. If you begin to joke about the ways and people of the host country and
your own problems, you are getting over culture shock.
次のに1-5の英文が下の日本文にほぼ相当する意味になるように、空所に与えられた文字で始まる適切な語の適切な形を記きなさい。

1. Just five passengers (s  ) the train crash.
   その列車の衝突事故で乗客の生存者は5人だけだった。

2. The two witnesses' accounts of the accident (v ) slightly.
   その事故の2人の目撃者の説明はわずかに違っていった。

3. The child was scolded in the (p  ) of many people.
   その子供は大勢の人前で叱られた。

4. He refers to the agreement only when it is (c  ).
   彼は都合のいい時だけその約束を口にする。

5. Should the virus spread, the whole human species could be (t  ) with extinction.
   万が一そのウイルスが広がれば、人類全体が絶滅の危機にさらされる可能性がある。

次の(1)～(3)の日本語を英語に訳しなさい。

(1) アメリカ人の大半は他の国の誰もが英語を当然話すものと思っている。ところが、実際には、アメリカ国民の中にも英語を話さない人が多い。

(2) 我々はコンピューターに支えられた新しい種類の情報社会に生きているが、多くの人々にとって、本や新聞や雑誌は今でも重要な役割を果たしている。

(3) このところ凶悪犯罪の数が急増していて、日本は安全な国だとはもはや言えないので。