

第8章 文脈に合うキーワードを補充する

36 習慣とは何か

Habit is second nature.

Habit is something a person learns to do over and over again without thinking about how to do it. Many everyday actions are habits. Imagine (1)(be / difficult / how / it / shoelaces / tie / to / would / your) if you had to think of every action needed to complete the bowknot. A habit is different (2)() an instinct. (3)An instinct is behaviour that is (A), instead of (B).

Most habits begin as actions that a person is aware (4)(). (5)The (A) the person performs an action, the (B) it becomes. Strong habits become automatic, and require little or no thought.

Psychologists generally agree that a stimulus (something that starts an action) must be present each time the habit is (6)carried out. For example, a red light is a stimulus to an experienced driver. It triggers the response of pressing the brake pedal. To learn this habit, each new driver must practise under actual traffic conditions, learning to press the brake pedal when the light is red.

Many psychologists believe that people will learn a habit only if it benefits them. Psychologists call this satisfaction a reward or a reinforcement. If the habit satisfies people, they tend to keep it. When a habit offers no reward or becomes unpleasant, they may break (discard) it. For example, some people get pleasure from smoking. (7)() the pleasure (reward), smoking becomes a habit. If the habit becomes unpleasant (no longer brings a reward), a person may stop smoking.

Psychologists who support the reward idea of habit formation disagree with an older idea. The older idea said that “paths” were made in the nervous system when an act was repeated. However, psychologists have taught rats habits and then cut their nervous systems at many points. (8)() the cuts, the rats continued to perform the habits. This result suggests that the learning of habits does not depend on specific nerve connections and does not (9)occur only in particular parts of the brain.

Some habits are simple and require only movements of the muscles. When (10)approaching a door, a person (11)grasps the doorknob. This action is called a simple motor act. The movement seems quite natural, but the person once had to learn this habit. A doorknob is a strange thing to a child when first (12)encountered. The child may play with the doorknob many times before learning to open the door by turning the knob.

Some habits are more than simple motor acts. They are thoughts and attitudes we have about things and people. Psychologists call them habits of adjustment. Some of these habits are “good” and others are “bad,” depending on how they (13)affect other people. (14)We learn “good” habits to act as others expect us to act. Neat appearance and pleasant manners are considered good habits. A person may learn “bad” habits, thinking something can be gained from them. But such habits may be (15)(annoyed, annoying) to others.

設問

- (1) カッコ内の語句を正しい順序に並べ替えよ。
- (2) (4) 空所にあてはまる適当な前置詞を答えよ。
- (3) 空所にあてはまる適当な語句の組み合わせを次から選べ。
1. (A) acquired (B) inherent 2. (A) inborn (B) inherent
3. (A) inborn (B) learned 4. (A) learned (B) acquired
- (5) 空所にあてはまる適当な語句をそれぞれ次から選べ。
1. easier 2. harder 3. later 4. more 5. sooner
- (6) (9)(10)(11)(12)(13) 下線部と近い意味の語句を次から選べ。動詞は原形で示してある。
1. catch 2. come close to 3. happen 4. influence 5. meet 6. perform
- (7) 空所にあてはまらない語句を次から選べ。
1. Because of 2. In spite of 3. On account of 4. Owing to 5. Thanks to
- (8) 空所にあてはまる適当な語句を次から選べ。
1. Apart from 2. Contrary to 3. Despite 4. Instead of 5. Without
- (14) 下線部を和訳せよ。
- (15) カッコ内の語句のうち正しいものを選べ。
- (16) 本文の内容と一致するものを次から2つ選べ。
1. The stronger habits become, the more automatic they become.
2. A red traffic light is the response of pressing the brake pedal.
3. When a habit does not provide any reward, people may throw it away.
4. No psychologists support the reward idea of habit formation.
- (17) アクセントの位置が異なる組み合わせを次から2つ選べ。
1. continue 2. habit 3. occur 4. satisfy
continual habitual occurrence satisfactory

Further Expressions

〈反対する〉

Psychologists disagree with the idea. 【反対する】

Psychologists deny the idea. 【否定する】

Psychologists object to the idea. 【反対する】

Psychologists are against the idea. 【反対である】

Psychologists are opposed to the idea.

〈いらだたせる〉

Bad habit may make other people irritated. 【いらだたせる】

Bad habit may irritate other people.

Bad habit may annoy other people. 【悩ませる】

Bad habit may be irritating to other people. 【腹立たしい】

Bad habit may be annoying to other people. 【迷惑な】

Bad habit may get on other people's nerves. 【いらだたせる】

〈影響を受ける〉

Other people's habits have had an effect on [upon] us. 【影響を与える】

Other people's habits have acted on us. 【作用する】

We have been affected by other people's habits. 【影響する】

We have been influenced by other people's habits.

We have been open to the influence of other people's habits. 【受けやすい】

We have been subject to the influence of other people's habits.