

2026(令和8)年度 入学試験問題

学校推薦型選抜

外国語学部 国際関係学科  
小論文

【注 意】

1. 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
2. 試験時間は13時00分から15時00分まで(120分間)です。
3. この問題冊子は表紙以外に7ページあり、解答用紙は2枚、下書き用紙は1枚あります。
4. 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁及び解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせてください。
5. 解答はすべて解答用紙の解答欄に改行せずに記入してください。
6. 解答用紙の氏名欄を除き、受験者本人の特定につながるような氏名、住所、学  
校名等は記述しないでください。
7. 解答用紙を持ち出してはいけません。持ち出した場合、試験をすべて無効とします。
8. 試験終了後、問題冊子および下書き用紙は持ち帰ってください。

次の2つの文章を読んで以下の問いに答えなさい。

【資料1】

As a young analyst at a global company at the turn of the 21st century, I worked on a study for a major telecommunications company, checking how they were running and maintaining their network. After surveying 12 similar firms, we found a clear trend: companies were doing more with less. Our recommendation to the client was simple: keep up or fall behind.

Since then, the saying “more with less” has stayed with me, which I came to interpret it as a basic rule that celebrates more profit with less money. Technology helps us to do more work in less time, ultimately leading to more profits and investments for companies. As a result, large profits are often praised or at least accepted.

But here’s the problem: What good are productivity<sup>(1)</sup> and efficiency if they don’t match human happiness, particularly for workers? It’s an uncomfortable question because it challenges a key idea of capitalism, but it is one we should ask as generative<sup>(2)</sup> artificial intelligence (GenAI) changes the knowledge economy.

Fans of technology say that GenAI frees you from boring, time-consuming tasks and therefore, indirectly makes people happier. Instead, you can spend more time on more “value-added” tasks, they say.

But while I do benefit —and feel very happy about saving time— from GenAI quickly correcting all grammatical errors in my writing, I see the risk of losing the fun of work along with the boring parts when we rely too much on GenAI.

Anyone who cooks knows that chopping garlic can feel relaxing, joy and boredom are often mixed in office work. Finding just the right word and sentence in an essay, for example, is hard but also fun. It is also what makes the result unique. And if I let GenAI do too much of the editing, I lose that hard-but-fun process, and the result feels too smooth and somewhat plain.

Independent thought is a privilege for knowledge workers like us, but it is also like a muscle we need to keep using. For this reason, the long-term loss of critical thinking ability by heavy use of GenAI is a serious problem.

Microsoft recently published a research paper that concludes, based on a survey of several hundred knowledge workers, that “higher confidence in GenAI is associated with less critical thinking, while higher self-confidence is associated with more critical thinking.” Every day we are amazed at what GenAI can now do, but here is the inconvenient truth: the more we trust GenAI, the less we think.

This is a real threat to humanity. While GenAI easily beats humans at finding solutions by quickly recognizing patterns from past data, even displaying answers in an easy-to-read format, creativity and lucky discoveries still belong to humans. So, capitalism, which truly moves forward thanks to human ideas and innovations<sup>(3)</sup>, will suffer if our ability to think weakens. The focus on quick results cancels out the long-term gain of a better life for all.

As GenAI improves quickly, regulations are trying to catch up, mainly around openness and safety. But these are not the only protections we need. In that respect, companies and workers can and must protect themselves from the side effects of GenAI —losing the joy of everyday work and long-term loss of critical thinking ability.

Business leaders must be careful not to focus too narrowly on short-term efficiency. It is common sense that employees who enjoy their work and who can think for themselves are the ones who will bring long-term value to the company and the economy at large. Encouraging such behavior starts at the top. It is also an important issue for executives themselves. After all, if GenAI is so powerful and reliable, we may soon conclude that management itself can be replaced by Gen AI.

Individual workers also need to control their own use of GenAI, not just because of the risk that GenAI might make mistakes, but also because of the risk of making our own work lives less fun and the risk of weakening their ability to think for themselves. Depending too much on tech skills puts us on a dangerous path: keeping a balance between the use of GenAI and doing things ourselves is essential.

With AI agent technology promising to handle almost all communication, I am afraid of another forgotten joy of work quietly being taken away. Person-to-person communication —even with unwelcome disagreements at times— are part of what makes us human.

In my assignment for telecommunication study 26 years ago, which ended with the message “Do more with less,” I traveled to Europe to interview executives in person with my client —this was clearly before Zoom<sup>(4)</sup>. What I remember clearly to this day is the relaxed “work lunch” hosted by the European telecom (with lots of red wine), or the dinner on a sidewalk in Paris where my client, a group of middle-aged Japanese men, awkwardly sang “Happy Birthday” for me as it happened to be my 25th birthday.

So, when we look back on years of work, it is never the efficiency —how much we were able to squeeze out of the smallest resource— but the humanity that we remember the most.

Yes, the capitalist system runs on “more with less.” For now, we are unlikely to replace that whole way of thinking without an equally powerful alternative. But instead of mindlessly following the technological advancements, we must stop and ask the question: Is it really making us happy?

(Adapted from Nobuko Kobayashi, “AI lets us do more with less. That’s no fun,” *Nikkei Asia*, March 31, 2025.)

注

- (1) productivity 生産性
- (2) generative 生成的な
- (3) innovation 革新、刷新
- (4) Zoom Web 会議ツールの一つ

【資料2】

著作権保護の観点から、公開していません。

著作権保護の観点から、公開していません。

著作権保護の観点から、公開していません。

(デヴィッド・グレーバー『ブルシット・ジョブ クソどうでもいい仕事の理論』  
による。ただし、出題に際して原文の一部を改めた。)

注

- (1) イギリスの経済学者（1883年6月5日 - 1946年4月21日）。
- (2) ジャマイカで1950年代に生まれた音楽ジャンル。
- (3) 統計的手法を用いて保険のリスク管理を行う専門家。

問1 【資料1】の著者の主張を250字以上300字以内の日本語で改行せずにまとめなさい。(40点)

問2 【資料1】と【資料2】の内容を踏まえ、「ブルシット・ジョブ」とはどのようなものかを説明したうえで、AIといったテクノロジーの進化はブルシット・ジョブにどのような影響を与えると思うか、あなたの考えを700字以上800字以内の日本語で改行せずに述べなさい。(60点)