

## 英語での「学術研究」レポート アブストラクトの例 3年生

### 【Title】

Stress and Health from the Aspect of Diet, Sleep and Exercise

3-F class No.5 【 Himeki Inoue 】

### 【Summary】

In this study, I proved that the stress has negative effects on people's health. We see from studies that diet, lack of sleep and exercise have wide ranging negative effects on people's health such as Alzheimer's and many other diseases. We have learned that stress is not the main cause of health difficulties but it is our ability to manage stress that impacts our health either in negative or positive ways. Because managing stress is important people need to be reminded and encouraged to make healthy life choices. Living a non-stressed life is impossible but living managed stressed life is imperative for all people that want to live full and fulfilling lives. When we are being overwhelmed by stress, we need seek the help of our family and friends and if it is too serious, we need to seek professional help. We only have one life to live and it is imperative for everyone to live the best life possible.

### 【Keyword】

Diet, Sleep, Oxytocin, Adrenaline

### 【Outline】

- I. Introduction
- II. The factor of stress
  1. What is stress?
    - a. Do men and women experience stress differently.
    - b. Effects of age on how people feel stress.
  2. How does stress manifest itself in the body?
    - a. Effects on weight
    - b. Effects on sleep
    - c. Effects on cognitive ability
    - d. Aerobic activity and stress
- III. Positive aspects of Stress
  1. Effects on work
  2. Effects on interpersonal relationship
- IV. Diet
  1. Foods that increase stress
  2. Foods and drinks that can decrease stress
- V. Cultural differences
  1. Similarities between Japanese and American understand of stress.
  2. Typical stress events for Japanese and Americans
  3. Typical stress releases in Japanese and Americans
- V. Conclusion

### 【References】

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<https://ed.ted.com/lessons/how-stress-affects-your-body-sharon-horesh-bergquist>  
Madhumita Murgia , <https://www.youtube.com/watch?v=WuyPuH9ojCE>

## Gender Gap

Sr 1A Sae Katsuyama & Suzuyo Funakoshi

On December 17th, "The Global Gender Gap Index 2019: GGGI" was unveiled by the World Economic Forum. Japan was ranked 121<sup>st</sup> out of 153 countries. This ranking is based on four things: the economy, education, health and politics. The main reason for this ranking in Japan is that the score for the economy and politics is remarkably low. Iceland is ranked number one as 48% of ministers are women. However, in Japan it's only 10.2%. The result is that when there are more male members, societal norms tend to be advantageous to men. Today, let's consider the gender gap in Japan from the point of view of women's social progress.

There are women who want to become members of the workforce or who want to achieve more in life. However, many more women still want to be housewives, something a lot of men prefer. Inevitably this contributes to the gender gap. Women's empowerment rate in Japan is 60%, female diet members is 10%. Compare this to Iceland which is 80% and 50%. Furthermore, the current prime minister of New Zealand is a woman. We wonder if less gender discrimination is possible. The gender gap was larger in Iceland, but through policy it has narrowed. How can we put the current policies in Iceland into practice in Japan?

One great impetus was the epic strike implemented by women in Iceland. That was called "women's day off". Everything changed in just one day. 90% of women gathered in the capital of Iceland, Reykjavik and facilities were forced to stop. This event made people realize the importance of women's participation in the workplace. The strike empowered women to join the parliamentary ranks.

What do you think about this problem? I had no idea about the seriousness of the gender gap problem before my research. The reason this problem remains, is lack of awareness. We should all try to understand this state of affairs.

Thank you for listening.



## We want to study more but...

Sr 1F Xinto Jia & Chihiro Hara

Do you like studying? Some people hate studying, but do you know that there are many kids in the world who can't go to school. The topic we will talk about today is the lack of education in the world.

So, we decided to compare Japan and Africa. Let's start with the percentage of students going to school. In Japan where we live, most children go to school. However, about one in five children in sub-Saharan Africa cannot go to school. As can be seen from the results, there is a difference in the literacy rate of African and Japanese children. Most children can read or write in Japan. However, in Africa one out of four people cannot do so.

So, why are African children unable to receive a satisfactory education? There are mainly three reasons. There are no facilities. Working, due to poverty. Conflicts deprive them of educational opportunities. For these reasons, many African children cannot go to school. Based on this, we focused on UNICEF, which provides educational support. The activities UNICEF are doing to counter the world's lack of education are mainly fund-raising activities and public relations activities.

The money collected from fundraising activities is donated to children's stationery and playground equipment. These UNICEF activities have provided teaching materials to 12.5 million children, installed educational facilities in about 250,000 classrooms, and increased the attendance rate to 79% of the poorest primary school age children.

Based on these UNICEF activities, we thought about what we can do now. We first thought that it was to participate in UNICEF fundraising activities. As we introduced earlier, we think that by raising money we can give African children a lot of stationery, food and hope. In addition, we can also sell goods that donate part of the sales at school festivals and other events. This was also adopted at Keimei Gakuin. You can also spread the news about child labor to the world through the SNS activity called Red Card Action. The Red Card Action is a campaign to raise awareness of child labor issues and raise the need for a solution to the problem by raising a red card to oppose child labor. Don't just give a red card to show that you "want to get rid of child labor", but be sure to announce what you can do as a "+1 action." In addition, buying Fair Trade products can also help African children. If you buy a product with the fair trademark, a part of it will be for a local fund.

Through this presentation we learned about the current state of the world. We were surprised to learn that there were so many differences between rich and poor, just because they were born in different countries, even though they were children of the same age. What we need to do now, is to participate in activities like these. Eliminate child labor so everyone can study equally. Then all children can study enough, and the world will be a better place. It is us that will carry the future. Thank you for listening.

## Desertification

Sr.1 B Arisa Onoda & Yuki Sato

Have you ever been to the desert? Perhaps you have seen deserts on television or in books. Did you know that there is a desert in Japan? It is in Tottori Prefecture. This desert doesn't have a lot of influence on people around the world. However, deserts such as the Sahara, the Arabian and the Gobi have tremendous affects.

While those deserts are naturally occurring, some are man-made. This is known as desertification. Desertification is the process of becoming or making something a desert. It is mainly caused by overgrazing and deforestation. There are two main problems with desertification. In the desert, water evaporates quickly and becomes inhospitable for most animals. Without adequate water, the plants die. Due to a lack of food, the herbivores die off. Finally, the carnivores are lost. Without the ability to survive and reproduce they become extinct. When the ecosystem is destroyed multiple crises affect people. Water and food shortage and lack of biodiversity. When the resources are gone poverty occurs.

This graphic shows two images of our planet, one dated 1978 and the other dated 2012. The 1978 photo shows a much greener United States, while the 2012 image appears to be devoid of vegetation. The same area just 34 years after. Every year around the world, 60,000 square kilometers of land is lost to desertification. That is almost equivalent to the combined area of Kyusyu and Shikoku. Desertification is a serious global problem. In 1992, at the Earth Summit in Rio, Brazil a treaty was created to reverse desertification. This agreement meant that developed countries and international organizations would develop action plans for the prevention of desertification and provide technical and financial assistance to developing countries. Also, NGOs around the world, are investing in reforestation. This is a picture of the planting activity in the Holton Desert in inner Mongolia, China. The desert has become forested in only four years.

So, what we can do? First of all, everyone should be educated on desertification. We need to understand that forests around the world are disappearing. We need to take action. We can spend our money on organic and fair trade products to avoid land degradation. This can greatly reduce land degradation.

Everyone needs to be interested in and learn about desertification. We need to make a conscious effort to change our consumer habits. Together, we can make a difference.

Thank you.

## Debate の部 準決勝

1位作品

## Negative Side “Club activity should be chosen every season.”

(否定側：クラブ活動は季節ごとに選ばれるべきだ)

Konishi, Hamada, Morita, Okamoto

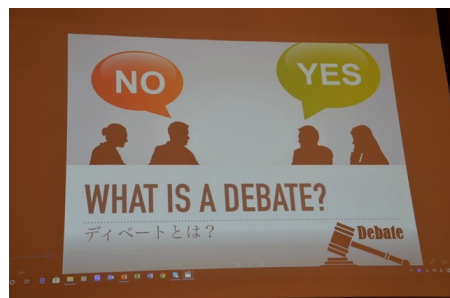
In America, students change their club activity every season. But we disagree with this resolution. We have three reasons.

First, if you stay in one club, you will get deeper relationships among teammates by overcoming problems and troubles with interpersonal relationships. When people get together, and spend over a certain period of time together, usually they can't avoid having those kinds of problems. An article entitled, *Enhancing physical education and sports club activities at school*, from Japan Sports Agency says, “Sports clubs provide children with the opportunity to enjoy sport, enhance their motivation to learn, and cultivate a sense of responsibility and solidarity.” Is it possible to do all of these in a brand-new team every season? We believe that one season is definitely not enough.

Second, in Japan, students can already change their club activity if they really want to. Although most students settle on their club activity until graduation, according to a survey from MEXT, in junior high school 5.9% students have experienced changing their club activities and in high school 6.0% of students have. It shows that students already change their club activity without the need to change to the American club system. So, you can change and choose your club whenever you like already, and if you prefer the American style and want to change your club every season, you're able to do it. There's no point taking on the American style when we already have a choice

Finally, continuity is the father of success. If you change the sport that you focus on too often, your skills would be incomplete and never become advanced. Continuity requires perseverance. It's difficult and sometimes not enjoyable. But when you achieve such a skill as perseverance, it is important because it would absolutely be necessary in your future life. For example, perseverance would be one of your strengths when you demonstrate your appeal in job hunting. In addition, in the job itself, or home life, you cannot just give up when something is challenging.

For these reasons, we disagree with the resolution that club activities should be chosen every season.



## Debate の部 準決勝

2位作品

### Negative Side “We should learn foreign languages from an early age.”

(否定側：クラブ活動は季節ごとに選ばれるべきだ)

Kozu, Mikita, Watanabe, Tsugawa

We disagree with the resolution that we should learn foreign languages from an early age. We have three reasons to support this opinion.

First, learning by the compulsion of parents gives a child pressure. Recently, many parents want their children to be bilingual because they believe that being able to speak another foreign language would benefit their children in the future. However, parents rarely ask for their children’s opinion. As a result, many children easily forget about what they’ve learned because they neither have interest nor passion. Instead, they only think of learning the foreign language as a meaningless burden. Furthermore, outside the classroom, children usually do not have chances to speak the language, so it is nearly impossible for them to master it. Here, we have an example for you. My sister is now a primary school sixth grade student and she has a very good friend, Erika. Since Erika’s parents think that Spanish is the most popular language besides English, they force Erika to learn Spanish four times a week. However, Erika actually has no interest in Spanish and this causes her to hardly have time to play with her friends after school. She learns Spanish only because that is her parents’ wish, so learning Spanish to Erika is just wasting time.

Second, it’s likely that learning foreign languages may interfere with the learning of the mother tongue. As you can guess, children forget foreign vocabulary much sooner as children do not yet have a base of their mother tongue skill complete. The worst case could be that some children even forget their mother tongue words due to confusion. A comedian named Pakkun comes from America, a fluent Japanese speaker, he also thinks language is a thought circuit. Even though most children have the ability of conversation, they still do not have logical thinking technique to describe things in sentences. It absolutely takes a long time to obtain such ability, so we believe children should learn a foreign language after they become adults because older children have better concentration and they can organize their memories much easier.

For the last reason, “cost” is definitely a big problem. Do you know how many teachers of elementary school can speak foreign languages in Japan? The Japanese Education Department researched about how many elementary school teachers can actually speak English. The result is 0.8%. As you can know from this information, there are not enough teachers to teach children in English. So, as another solution, we can rather hire teachers from other countries or train as Japanese teachers. Of course, if we try to make people come to Japan from overseas, it costs a lot because we have to give them a high salary to cover their living expenses. In addition, if we hire new teachers who live in Japan, we have to spend a lot of money and time to train them. These are the reasons why we think that we should not learn foreign languages from an early age.

## Debate の部 決勝戦

1 位作品

Affirmative Side “Social networking has a negative effect on teenagers.”  
(肯定側：ソーシャルネットワークは 10 代にとってネガティブな影響を与えるのか)

Konishi, Hamada, Morita, Okamoto

These days, more and more people are becoming conscious of social networking. We agree with the resolution that social networking has a negative effect on teenagers. We have three reasons.

First, we have an opinion on this topic from the point of view of mental dependence. According to the study by the Ministry of Health, Labor and Welfare in fiscal 2017, there are 930,000 teenagers who are absorbed in SNS and online games and so on and are suspected as having an “Internet Addiction Disorder, or IAD, in Japan. The number of such teenagers has nearly doubled in five years. What will happen to us if we become IAD? For instance, issues caused by IAD are decline in a marks, bullying, and negative affect on body condition. Also, IAD is a problem not only in Japan but also other developed countries. According to the study by Ministry of International Affairs and Communications, 20% of teenagers and twenties in America and the U.K. tend to become IAD. The number of teenagers becoming IAD is increasing. What we want to tell you from this research is social networking sometimes gives positive effects but, sometimes when we make a mistake in our use, it attacks us strongly. So, we want you to be very careful of using social networking.

Second, social networking has several bad influences on teenagers’ mental health. The RSPH report says that “social media is fueling a mental health crisis in young people”. It says “social media use is more dependent than tobacco and alcohol. Also, the number of young people with mental illness has increased 70 % over the last 25 years. Furthermore, seven-tenths of teenagers said that they have experienced cyber-bullying.” Social networking gives teenagers’ anxiety, depression and loneliness. Based on these facts, social networking aggravates teenagers’ mental health.

Finally, teenagers do not study because they are crazy about social networking. The MIC report says high school students are spending so much time on social media. 58.9% of the time high school students spend using smartphones is for social networking. Only 0.4% of the time is for study. In addition, it says that because of spending time on social media, they are sleep deprived and lack focus on studies. Therefore, social networking has a negative influence on teenagers now and for the future.

For these reasons, social networking has a lot of negative effects on teenagers.

## Debate の部 決勝戦

2位作品

### Affirmative Side “Social networking has a negative effect on teenagers.”

(肯定側：ソーシャルネットワークは10代にとってネガティブな影響を与えるのか)

Kozu, Mikita, Watanabe, Tsugawa

We disagree with the resolution that Social Networking Service has a negative effect on teenagers so, we think it is good for children to use SNS. We have three reasons to support this opinion.

First, SNS definitely gives us the opportunity to interact with friends who have similar hobbies. Let me tell you the reasons from my experience. I studied abroad in New Zealand last year, but at the beginning I couldn't make myself understood and didn't have any friends there. So I was homesick. However, one day I came up with the idea of finding friends on SNS like Instagram. This was really helpful to me. The more I became friends with my football team there, the more I was naturally able to ask them to exchange Instagram accounts. Therefore I got more and more close friends who love football, and even now I still keep in touch with them. Eventually I realized that SNS makes friendship much stronger.

Second, we can open a new field of the vision by using SNS. Recently, we can share news in SNS and give opinions and comments. Because people with whom we can talk directly are often similar, opinion is often limited. By contrast, we can connect with people who have a wide range of opinions when we use SNS. Surely the field of vision of children must be widened this way.

Finally, one of the advantages of using SNS is that organizing events is easier and faster. Usually, when we want to get people together without using SNS, we can only make leaflets and distribute them to people. But How about if we use SNS? SNS is known to be better at spreading information. A lot of people around the world have accounts of Twitter and Facebook as many of you do. So, once you make a post advertising an event to collect people, it means many people will see it and know of it. By doing so, we can save time because we do not have to work on making time-consuming things like leaflets. And it doesn't need paper, so it is a very environmentally friendly way to advertise an event.

These are the reasons why we think that SNS has a positive effect on teenagers.