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The Happiness Recession

幸福感的“萧条期”

In 2018, happiness among young adults in America fell to a record low. The share of adults aged 18 to 34 reporting that they were “very happy” in life fell to 25 percent—the lowest level that the General Social Survey has ever recorded for that population.

2018 年, 美国年轻人的幸福感下跌至有史以来的最低谷。在 18 至 34 岁的成年人中, 声称他们在生活中“非常幸福”的人数占比下降到了 25%——这是 (美国) 综合社会调查中, 对此人群记录的最低水平。

The research tells us that the ebb and flow of happiness in America is clearly linked to the quality and character of our social ties—including our friendships, community ties, and marriage. It's also linked, specifically, to the frequency with which we have sex.

该调查告诉我们, 美国人幸福感的起伏显然与我们的社会关系的质量和特征相关。这些社会关系包括我们的朋友关系、(宗教) 团体联系和婚姻关系。具体来说, 幸福感还和我们性生活的

频率相关。

An analysis revealed that the decline in sexual frequency can account for about one-third of the decline in happiness since 2012. Declines in marriage and religiosity have also played some role, but the effects are much smaller—with each factor only accounting for about a tenth of the decline in happiness. But for the rise in regular friend contact over the past few years, young men and women would be even less happy.

一项分析报告显示，从 2012 年起，性生活频率的下降对幸福感下降的影响达到了约 1/3。婚姻和宗教相关指标的下滑也在幸福感的下降中起到了一定作用，但是它们的影响相对小多了——两者对幸福感下降的影响分别仅占约 1/10。而如果不是这几年朋友间的日常联系有所增加，年轻男女甚至会感到更不幸福。

Indeed, it may be that rising social time spent with friends in recent years could be buffering young adults from the declines in institutions such as marriage or religion, as friends stand in place of other relationships or forms of community.

实际上，近几年朋友间社交时间的增加，可能使年轻人免受习俗活动（如婚姻和宗教）减少所造成的困扰，因为朋友替代了其它关系或团体的位置。

Thus, while most of the decline in happiness is about declining sex, that's not the end of the story. Declining sex is at least partly about family and religious changes that make it harder for people to achieve stable, coupled life at a young age.

因此，虽然幸福感下降在很大程度上与性生活减少有关，但事情并没那么简单。至少在一定程度上，性生活的减少还涉及到了家庭和宗教方面的变化。这样的变化使得人们更难以在年轻时过上稳定的、有伴侣的生活。

— The Atlantic: The Happiness Recession

重点词汇

recession/rɪ'seʃn/

n. (经济) 衰退期，萧条期

搭配短语: the Great Recession

例句: The economy is in deep recession.

record/'rekərd/

adj. 创纪录的，空前的

词性拓展: record (n. 记录)

词性拓展: record /rɪ'kɔ:rd/ (v.)

share/ʃer/

n. (某事物的) 份额，一部分

词性拓展: share (v. 分享)

the ebb and flow

(有规律的) 涨落, 起伏

相关词汇: ebb (n. 退潮)

相关词汇: flow (n. 涨潮)

例句: You have to accept the ebb and flow of love in a relationship.

tie/taɪ/

n. 领带; 关系, 纽带

搭配短语: family/economic/emotional ties

specifically/spə'sɪfɪkli/

adv. 明确地, 具体地; 更确切地 (对前文做补充)

例句: I specifically asked you not to be late.

例句: Death frightens me, specifically my own death.

reveal/rɪ'veɪl/

v. 揭露, 揭示

搭配短语: reveal secrets

account for sth.

是...的原因, 对...作出解释

例句: The poor weather may account for the accident.

religiosity/rɪ,lɪdʒi'ɑ:səti/

n. 对宗教的虔诚, 笃信宗教

相关词汇: religion (n. 宗教)

religion 搭配短语: the Jewish religion

but for

如果不是, 倘若没有

词性拓展: He would play but for the knee injury.

indeed/ɪn'diːd/

adv. (用于补充信息) 其实, 实际上

buffer/'bʌfə/

v. 减少, 减缓 (伤害)

词性拓展: buffer (n.)

例句: I dance regularly to buffer the effects of stress on my health. (v.)

搭配短语: buffer sb. from sth. (v.)

institution/ˌɪnstɪ'tuːʃn/

n. 机构; (由来已久的) 风俗习惯或者制度

英文释义: a custom or system that has existed for a long time

搭配短语: the institution of marriage

in place of

代替, 取代

同义词: instead of

end of the story

情况就是这样

口语表达: end of story

end of story 例句: I tripped and hurt my arm. That's it—end of story.

couple/'kʌpl/

v. 连接, 结合

词性拓展: couple (n.)