

# 为何看到别人打哈欠的你会被传染？ Why does seeing someone yawn make you yawn?

Hello. This is 6 Minute English, I'm Georgina.

大家好，这里是六分钟英语，我是乔治娜。

And I'm Rob.

我是罗伯。

What do you do when you're tired, Rob?

你疲倦的时候会做什么，罗伯？

Oh, well, I go to bed.

哦，嗯，我会睡觉。

Before that?

在那之前呢？

Erm, I clean my teeth?

呃，刷牙？

But what does your body do to tell you you're tired?

但是你的身体通过什么方式来告诉你你疲倦了呢？

Right, well, these days I just kind of fall asleep in front of the TV.

嗯，这些天我在电视机前就能睡着。

Yes, but, OK-what am I doing now?

是的，但是，好吧——我现在在干什么？

Oh, yes, hang on-yes, you've set me off-yawning, yes yawning is a sign that we are tired! Or bored!

哦，是的，等等——是的，你让我也想这样了——打哈欠，是的，打哈欠是我们感到疲倦的一种迹象！或者是无聊！

Are you tired or bored now?

你现在是疲倦还是无聊呢？

No, not particularly.

没有，并没有。

So, why did you just yawn?

那你刚刚为什么打哈欠？

Well, because you did!

嗯，因为你刚才打了！

That's the thing about yawns.

这就是打哈欠的关键之处。

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They are contagious—they can spread from one person to another.

它们具有传染性——它们可以从一个人身上传到另一个人身上，

And that's what we're looking at in this programme.

这也是我们要在本期节目中讨论的话题。

But first, today's question.

但是首先是今天的问题。

What biological function does yawning have?

打哈欠有什么生物上的功能呢？

Essentially, why do we yawn?

也就是说，我们为什么要打哈欠？

Is it: A. To take in more oxygen, B. To get rid of carbon dioxide from our body, C. No one really knows?

是 A. 为了吸进更多氧气，B.为了清除我们身体中的二氧化碳，还是 C. 没有人知道？

What do you think, Rob?

你怎么看，罗伯？

Ah, I know this.

啊，这个我知道！

We yawn to take in more oxygen.

我们打哈欠是为了吸进更多氧气。

I'm pretty sure that's it.

我很确定答案就是这个。

OK. We'll see if you're correct at the end of the programme.

好的，我们会在节目结束的时候揭晓你是否回答正确。

John Drury is a researcher from Sussex University.

约翰·鲁德里是塞萨克斯大学的一名研究员。

On the BBC Radio 4 series All in The Mind he spoke about yawning and why it is contagious.

他在BBC电台4频道的系列节目《All in The Mind》中谈到了打哈欠，以及它具有传染性的原因。

Which animal does he mention will also catch a yawn from its owner?

他提到哪种动物会因其主人打哈欠而打哈欠？

Yawning is actually a difficult case when it comes to these contagious behaviours.

其实打哈欠是一种难以解释的具有传染性的行为。

It's the most contagious behaviour—it's meant to be automatic, it's something that you can't stop.

它是最具有传染性的行为——它本该是自发的，它是你无法阻止的。

Dogs yawn when their owners yawn, animals yawn to each other.

狗会在主人打哈欠的时候也跟着打哈欠，动物之间也会互相打哈欠。

It happens whether you want to or not.

不管你是否愿意，它都会发生。

These kind of effects have been found for other kinds of behaviour, so really, we were trying to push it as far as we could and see if there is a cognitive element to this influence behaviour.

人们在其它行为中也发现了这种影响，所以我们过去一直在努力推进，想看看这种影响性行为背后是否存在某种认知因素。

Which animal might yawn when its owner does?

哪种动物会在其主人打哈欠之后跟着打哈欠？

Dogs! Dogs can catch a yawn from their owners.

小狗！小狗会跟着它们的主人打哈欠。

Yes, yawning is a very contagious behaviour.

是的，打哈欠是一种极具传染性的行为。

The use of the word behaviour here is interesting.

这里用到的行为这个词很有趣。

Normally it is an uncountable noun to describe the way we act-either in a good or a bad way.

一般来说，它是一个用来描述我们的行事方式的不可数名词——不管是褒义还是贬义。

We talk about, for example, dogs' or children's behaviour being good or bad.

比如我们会谈论小狗或孩子们的行为好或不好。

But it's also used as an countable noun when we are talking about a particular action that, for example, an animal makes in particular situations.

但是它也是一个可数名词，我们用它来谈论某种特定的动作，比如，某只动物在特定场景下的动作。

These behaviours are often not conscious, but are an automatic response to a situation.

这些行为往往是无意识的，而是一种针对某种情况的自发行为。

And the researchers were looking to see if there was a cognitive side to the behaviour.

并且研究员们一直在研究这种行为是否存在认知的一面。

Which means they are looking at the mental process-what is happening in the mind to make us yawn, particularly when someone else yawns.

这意味着他们在研究心理过程——意识中发生了什么才让我们打哈欠，尤其是当其他人也打哈欠的时候。

Let's listen again.

我们再来听一遍。

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The research discovered that contagious yawning is connected with our social group and how close we feel to the people in it.

研究发现具有传染性的打哈欠跟我们的社交群体以及我们与其中的人之间的亲密感有关。

Here's John Drury again.

下面还是约翰·鲁德里的话。

So, the more that you identify with the in-group target, the more likely you are to copy their behaviour.

所以你越认为自己跟群目标有关，你就越可能会复制他们的行为。

What we do when we see a behaviour is that at some level, we are making a judgement about whether the person exhibiting that behaviour, whether it's an emotion, or a scratching behaviour, or anything, is relevant.

我们在看见某种行为时的反应就是在某种程度上我们在判断进行该行为的那个人是否相关，不管它是一种情绪还是抓挠行为，还是其它任何事情。

Does their behaviour indicate to us how we should behave?

他们的行为暗示我们该如何做吗？

So, essentially, yawning is more contagious if we identify with the person who yawns first.

所以基本上如果我们认为第一个打哈欠的人跟我们有联系，那么那个哈欠就更具传染性。

If we feel close to, and belong in, the same group as the person who exhibits the behaviour-the person who does the yawning-we are likely to yawn too.

如果我们认为自己跟那个展示该行为的人——打哈欠的那个人——很亲近，并且属于同一个团体，我们就更可能跟着打哈欠。

So, you are less likely to yawn if a stranger yawns than if someone in your close family or circle of friends yawns.

所以你看到一个陌生人打哈欠也跟着打哈欠的可能性低于你看到你的某个近亲或朋友圈里的人打哈欠于是也跟着打哈欠的可能性。

Let's listen again.

我们再听一遍。

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Does their behaviour indicate to us how we should behave?

他们的行为暗示我们该如何做吗？

Right, before we review the vocabulary, let's have the answer to our quiz.

好的，在我们回顾词汇之前，我们来揭晓问题的答案吧。

Why do we yawn?

我们为什么回答哈欠？

Is it: A. To take in more oxygen, B. To get rid of carbon dioxide from our body or C. No one really knows?

是 A. 为了吸进更多氧气，B.为了清除我们身体中的二氧化碳，还是 C. 没有人知道？

Rob, what did you say?

罗伯，你说的是？

Well, I was pretty sure it was A-to take in more oxygen.

嗯，我很确定答案是 A，为了吸进更多氧气。

There is, in fact, no clear biological reason for yawning that is agreed upon.

事实上，打哈欠的生物学原因并没有达成明确的共识。

So no one really knows.

所以没有人知道。

We've been talking about yawning.

我们一直在谈论打哈欠。

The action of opening our mouths wide open and stretching our eardrums when tired or bored.

它指的是我们在感到疲倦或无聊时把嘴巴张得很开同时伸展我们耳膜的行为。

Yawning can also be contagious.

打哈欠也是有传染性的。

This means it can pass from one person to another.

这指的是它会从一个人身上传到另一个人身上。

And a yawn can be described as a behaviour-a particular kind of automatic action in response to a particular situation.

打哈欠可以被描述为一种行为——应对某种特定情景而产生的特定的自发动作。

The word cognitive is related to our mental processes-the way our minds work.

认知的这个词跟我们的心理过程——我们意识的工作方式——有关。

If you identify with a particular group-you feel close to that group and feel that you belong in that group.

如果你认为自己跟某个团体有关——那么你对那个团体有亲近感，并且感觉你属于那个团体。

And finally, to exhibit a behaviour is to actually do that particular behaviour.

最后是展示某种行为实际上指的是做出某种特定的行为。

And before we all start yawning, it's time for us to go.

在我们都开始打哈欠之前，该结束我们的节目了。

Do join us again soon and you can always find us online, on social media and on the BBC Learning English app.

请务必再次收听我们的节目，并且你们可以在网站、社交媒体和BBC学习英语APP上找到我们。

Bye for now.

再见。

Bye bye!

再见！

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